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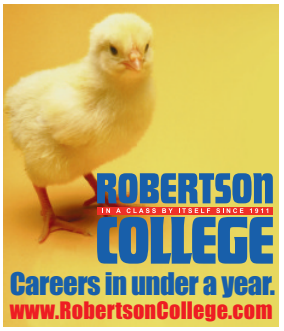

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Junos turn focus on new talent

On the web
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JEFF MCINTOSH/THE CANADIAN PRESS

Calgary Flames general manager Darryl Sutter, right, gets a pat on the back from club president Ken King yesterday during a news conference following the team's failure to make the playoffs.

No word on GM's fate

Flames putting off management decisions until after review

Little was done to end the speculation surrounding Calgary Flames general manager Darryl Sutter's future with the hockey club yesterday.

Flames president and chief executive officer Ken King, along with Sutter, jointly addressed the media in the aftermath of the club's failure to make the playoffs for the first time since 2003.

King was supportive of Sutter, the team's GM since 2002, and the two men spoke of a top-to-bottom franchise review that would take place over the next few weeks.

"We're throwing no bodies out on the tarmac here," King said. "We're going to take a very close scrutiny of everyone, from the president downward."

While many website polls, radio call-in shows and letters to the editor have called for Sutter's sacking in recent days, King doesn't believe Flames fans have completely turned on their general manager.

"What he has done has helped created a credible and competitive hockey environment," King said.

Calgary's goals-for, the lowest in the league at 204, and its 20-17-4 home record tell the tale of the Flames' 2009-10 season. The Flames had the sixth-best defence in the NHL at 210 goals-against.

"We have to find out why and address that," Sutter said. "There are some guys we have to get them back to their career numbers."

Sutter hinted at personality conflicts in the dressing room, though captain Jarome Iginla insisted last week that wasn't the case.

"I just think sometimes you have different personalities that don't always work," Sutter said.

"It's something as a general manager you should have your finger on all the time."

THE CANADIAN PRESS

Flames fans take to Twitter

@benjaminrowley A new gm would help!!!!!!
@poploser Re: Flames — Blow. It. Up.
@XBrav Darryl and Brent like to blame everybody except themselves. It's time for an administration change.
@RAYHZOR The only positive thing about Calgary Flames not making the playoffs is that the N.H.L. is healthier as a whole. ("business perspective")
@tedgarybauer so failure means status quo for the calgary flames — GM Sutter back again – sigh
@ctoverdrive I love that people still take what Sutter says in verbatim. "stay the course" = "major changes and a first rounder" #flames

Disgruntled MLA Taylor quits Grits, will sit as Independent

POLITICS The upheaval on Alberta's political landscape continued yesterday with a disgruntled member of the Liberals leaving to sit as an Independent.

Calgary-Currie MLA Dave Taylor issued a statement, held a news conference, then went on a radio talk show to say he'd had enough of David Swann's leadership at a time when a new conservative party — the Wildrose Alliance — has shot past the Liberals in recent polls.

MLA Dave Taylor

The defection leaves the party with eight seats in the 83-seat legislature.

"I'm a lead, follow, or get out of the way kind of guy," said Taylor, who was first elected in Calgary-Currie in 2004. "The trouble with the Alberta Liberals is that nobody's leading, nobody's following, and nobody will get out of the way."

Swann gathered his remaining caucus members behind him yesterday morning as he faced the media to respond to Taylor's departure.

"Dave Taylor has not hidden the fact that ... my particular style of leadership didn't fit for him," he said. "My leadership is strong.

"I have my team behind me here and they have consistently supported my leadership, as the party has."

THE CANADIAN PRESS

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Local

Stampede to hold talent tryouts

Following the path of musicians like Paul Brandt, left, Heather Liscano and Calum Graham, auditions for the 30th annual Stampede Talent Search will begin April 16 and 17 and anyone aged six to 21 can audition at the Boyce Theatre on Stampede Park. To register for the audition go to talentsearch.calgarystampede.com. METRO CALGARY

Council OK's residential tax rate

CITY HALL City council officially approved the residential tax rate for next year, with a 3.9 per cent jump in Calgarians' bills. The number is down from a proposed 4.79 per cent determined earlier this year, and means an average increase of $82 for homeowners. METRO CALGARY

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CalgaryTweets

@AirdrieScoop If you believe the competitive spirit in this country is dead... you've never been at the C-train station during rush hour

@joelolandesca Goodbye winter tires, summers are back on!! Ain't no snow gonna hold me down. #springisheredammit!!

@ispeakcanadian I shouldn't have left my snowbrella at home today. #yyc

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Fifth time's a charm?

Pub to open at famously jinxed 102 – 10 St. NW location

KRISTA SYLVESTER
krista.sylvester@metronews.ca

The owners of a new Kensington restaurant hope the so-called-curse of the location at 102 – 10 St. NW ends with The Bottlehouse Beer Parlour.

As new owner Parry Roy gets the gastro-pub full with a selection of 70 Canadian beers ready, he is reminded of the curse of the location since four restaurants have come and gone in past years, including two in just the last year, Ten and Robbie Stewart's.

"I'm aware of the turnover of the last four concepts but I think we will learn from what went wrong and do it better," Roy said.

Roy has had his hands in 15 different restaurant openings in the past but this time he has invested everything into the beer-from-around-the-country concept.

"It's terrifying but it's exciting at the same time. I think this is a great location and I love the open window concept where patrons can people-watch and we will have a great atmosphere, great beer and great food."

Bloggers have gossiped about the location at the corner of Kensington and Memorial for some time, many wondering why a business couldn't sustain such an "ideal location" overlooking downtown, but many are excited for the Beer Parlour.

"It looks hopeful, looks like they have a good business model and a unique theme to attract people," Madison Decker said as she walked by yesterday.

Roy hopes to be open by May 2010.

KRISTA SYLVESTER/METRO CALGARY

Parry Roy, owner of The Bottlehouse Parlour, which is expected to be open by May, hopes the curse of the restaurant location will be broken with his new gastro pub in Kensington.

Tax relief on deck for condo dwellers?

MILLRISE Tax relief could be on the way for those displaced by March's Millrise condo fire after aldermen approved the call for a report on the matter.

Ald. Diane Colley-Urquhart asked for administration to pursue a municipal tax relief plan for those who may need it after the fire, which damaged or destroyed a combined 159 units in the city's southwest.

Colley-Urquhart compared it to past major fire events, like the 2002 Erlton condo blaze, and Ald. Gord Lowe pointed out that massive fires like these put a lot of people out of homes and recommended council consider a wider ranging relief policy. Some aldermen were concerned an expanded policy could lead council down a slippery slope of making difficult decisions in regards to whom they could extend the tax relief.

METRO CALGARY

U of C greenlights $450 student fee

CHARITY It's going to cost a little bit more to get an education at the University of Calgary after the board of governors approved a $450 mandatory student services fee.

The board of governors approved the university's 2011 budget yesterday, according to U of C provost Alan Harrison.

"It's been a tough year for us and we're just trying to balance the budget the best way we can," Harrison said.

"We were the only University without the services fee and when you add that with the small tuition hike it's still less than a five per cent increase."

The fee will be transitioned in over three years beginning in September by allowing students to pay only $150 the first year, $300 the second and $450 by the third year in 2012.

Charlotte Kingston, U of C Student's Association president, said while students expected the mandatory fee they didn't expect the board of governors to vote down their motion to have a referendum on what services are included.

KRISTA SYLVESTER/ METRO CALGARY

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What's online today.

Video Terry Fox's family launch new cancer research effort to mark 30th anniversary of his Marathon of Hope at metronews.ca/canada

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Housing starts up
Calgary housing starts have tripled over the first quarter in 2010 rising to 2,100 compared with 746 last year during the same time frame, according to the Canada Mortgage and Housing Corporation. METRO CALGARY

News in brief

BAGS City council approved the Tag-A-Bag program, set to cost $2.3 million, and be implemented by 2012, yesterday. Calgarians will be expected buy tags for approximately $2.30 for excess garbage that won't fit into the 240-litre black bins, which will be distributed later this year.

JOB FAIR Calgary's youth between 15 and 24 are invited out to the city of Calgary's Summer Hiring Fair tomorrow. The free fair will feature over 5,000 full-time, part-time and seasonal jobs employers are hiring for at the Big Four Building from 1:30 p.m. until 6 p.m.

GIRL FOUND Calgary police located Meagan Johnson after issuing an appeal for help to find the teen around 1 a.m. yesterday. Johnson, who is in her mid-teens but functions at the level of an eight- to 10-year-old and required regular medication, was found yesterday morning. METRO CALGARY

Eeewwwww!

Medical professionals get a taste of own medicine

KRISTA SYLVESTER
krista.sylvester@metronews.ca

A spoonful of sugar won't help this medicine go down.

Usually when that phrase is uttered most people won't take a sample, but Mount Royal University nursing students and Alberta Children's Hospital nurses took the taste test head on.

ACH registered nurse and MRU instructor Zenaida Roxas has tasted the nastiest, most bitter medicines the hospital has to offer sick children but as part of a two-year program she shares the tastes with students one drop at a time.

"It's an opportunity for health-care professionals to experience what the children go through when they are taking these medicines and become more empathetic," Roxas said.

Hospital pharmacist Tim Kraft said the program is invaluable and also allows the staff to learn which after treatments are best for the medicines.

"There are certain chocolates or candies or popsicles that help take away that bitter, disgusting taste," Kraft said.

KRISTA SYLVESTER/METRO CALGARY

Mount Royal University nursing student Nicole Borthwick, pharmacist Tim Kraft and registered nurse Zenaida Roxas taste test "disgusting" kids medicine.

And 13-year-old AHC patient Nicole Wuetherick agreed but was happy to share the medicines with her nursing staff.

"They are just really disgusting medicines. I can't really describe it. They aren't good at all," she said.

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Quebec City mayor OK's space ticket treasure hunt

Quebec City Mayor Regis Lebeaume is opening the streets of the city to a treasure hunt that will award the winner with a ticket to outer space. The winner will get a chance to briefly experience the weightlessness of space during a suborbital flight. A radio station will distribute clues, with a winner expected by September. THE CANADIAN PRESS

Canada

Thirty years later, new hope

Family and friends of Terry Fox, left, launched a new cancer research effort yesterday to mark 30 years since he began his Marathon of Hope. The Terry Fox Research Institute's Atlantic Node would unite cancer-care experts in Atlantic Canada — where cancer rates are among the highest in Canada — with those across the country. The Terry Fox Foundation has so far raised $500 million for cancer research. THE CANADIAN PRESS

Tories stay mum on Guergis allegations

Prime Minister Stephen Harper was acting on a complaint from a third party when he demoted his embattled women's minister, banned her from caucus and referred her case to the Mounties, the House of Commons heard yesterday.

That was the only progress the Opposition made in demanding answers about why Harper asked the RCMP and the ethics commissioner to investigate former cabinet minister Helena Guergis.

Liberal Leader Michael Ignatieff said the government is hiding behind the investigations.

"There are 'serious allegations' surrounding the conduct of this minister but we still don't know what they are," said Ignatieff.

FRED CHARTRAND/THE CANADIAN PRESS

Opposition Leader Michael Ignatieff in Ottawa yesterday.

"How long will the government hide behind the ethics commissioner and the Mounties? This sordid tale has been going on for six weeks."

But with Harper attending a summit in Washington, the Conservative government wasn't giving any hints about what is involved.

Transport Minister John Baird told the Commons only that the allegations were made by a "third party." He said Harper acted quickly and appropriately when he learned about the allegations against his former status-of-women minister.

"The RCMP and the ethics commissioner will come to their own conclusions, as is proper, on this issue," Baird said.

Guergis has said she will co-operate fully with any investigation.

THE CANADIAN PRESS

Afghanistan **Ultimate sacrifice**

MURRAY BREWSTER/THE CANADIAN PRESS

Soldiers carry the body of Pte. Tyler William Todd to a transport plane at Kandahar Airfield yesterday, in a ceremony attended by over 1,500 Canadian and NATO troops. Todd was killed by a powerful roadside bomb on Sunday just outside a village near Kandahar City, Afghanistan. He was the 142nd Canadian soldier to die as part of the Afghan mission. Two civilians have also been killed.

Toronto 18 trial begins

COURTS Crippling Canada's infrastructure and leaving its population devastated were the goals of an alleged homegrown terror cell, a jury was told yesterday as the final trial in the so-called Toronto 18 case began hearing evidence.

Parliament, power grids, and nuclear facilities were the intended targets in an attack that Fahim Ahmad hoped Canada would never recover from, the Crown said.

THE CANADIAN PRESS

News in brief

TORTURE Richard Colvin, the diplomat who said Canada ignored warnings of torture involving Afghan detainees, returns to the public eye today as he appears as part of a probe into the treatment of Afghan prisoners. THE CANADIAN PRESS

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New Roman-era mummy found in Egypt

Egyptian archaeologists discovered an intricately carved plaster sarcophagus portraying a wide-eyed woman dressed in a tunic in a newly uncovered complex of tombs at a remote desert oasis, Egypt's antiquities department announced yesterday. It is the first Roman-style mummy found in Bahariya Oasis some 300 kilometres southwest of Cairo. THE ASSOCIATED PRESS

World

Ex-soldier admitted stealing secrets: Docs

Court documents released yesterday show that a former Israeli soldier admitted stealing classified military secrets to reveal Israeli "war crimes" against Palestineans. Anat Kamm, 23, has been charged with passing information to a journalist with the intent of harming national security. Her case drew wide attention because a court gag order kept her arrest out of Israeli publications, while the world media were reporting it freely. THE ASSOCIATED PRESS

Deepest volcanic vent found

British discovery could offer clues to origin of life on Earth

Scientists using a remote-controlled submarine have discovered the deepest known volcanic vent and say the superheated waters inside could contain undiscovered marine species and perhaps even clues to the origin of life on Earth.

Experts aboard the RRS James Cook said they found the underwater volcanic vent more than five kilometres beneath the surface of the Caribbean in an area known as the Cayman Trough, a deep-sea canyon that served as the setting for James Cameron's underwater thriller The Abyss. Geologist Bramley Murton, the submersible's pilot, said exploring the area was "like wandering across the surface of another world," complete with spires of multicoloured mineral deposits and thick collections of fluorescent blue microorganisms thriving in the slightly cooler waters around the chimneys.

"(The scenes around the vent) were like nothing I had ever seen before."
Bramley Murton, geologist

The scenes "were like nothing I had ever seen before," Murton said.

Volcanic vents are areas where sea water seaps into small cracks that penetrate deep into the Earth's crust. Temperatures there can reach 400 C, heating the water to the point where it can melt lead.

THE ASSOCIATED PRESS

India **Love match**

MOHAMMED ABDUL HAQ/MIRZA FAMILY/AP PHOTO

Pakistan's former cricket captain Shoaib Malik and Indian tennis star Sania Mirza pose during their marriage ceremony yesterday in Hyderabad, India.

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Russia says human error may be at fault in crash

TRAGEDY Russian investigators suggested human error may have been to blame in the plane crash that killed the Polish president and 95 others, saying yesterday there were no technical problems with the Soviet-made plane.

The Tu-154 went down Saturday while trying to land near Smolensk airport in western Russia. The pilot had been warned of bad weather in Smolensk, and was advised by traffic controllers to land elsewhere — which would have delayed the Katyn observances.

THE ASSOCIATED PRESS

News in brief

CONTROVERSY The Vatican responded yesterday to allegations that it had concealed years of clerical sex abuse by making it clear for the first time that bishops and other high-ranking clerics should report such crimes.

NUKES The White House announced yesterday that Ukraine was giving up all its enriched uranium, marking success for a major U.S. arms control initiative before the Obama-led nuclear summit began. THE ASSOCIATED PRESS

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Comment

Tory scandal-free reputation at risk

NationalReport

One of the positive claims the Harper government has been able to make is that it has avoided scandal of the on-the-take variety. This government may be ethically corrupt — there are dozens of examples of underhanded dictatorial conduct — but there have been no instances of anyone lining their pockets.

Corruption of the latter kind stung both the Mulroney and Chrétien governments and hurt the reputations of each prime minister. Jean Chrétien was never tied directly to the sponsorship scandal wherein lower level Liberals were on the take. In the Mulroney government, there were ministerial resignations over shady dealings and Mulroney himself is still trying to clear his name for having accepted cash payments from German dealmaker Karlheinz Schreiber.

The troubles currently surrounding bad girl Helena Guergis do not appear to be in a league with some of Ottawa's bigger scandals, but the risk is that she torpedoes the government's record of rectitude.

It's rare when a prime minister will call in the Mounties to investigate one of his ministers. Much of the limited information available points to a possible influence peddling scandal featuring Guergis, her husband, Rahim Jaffer, and assorted unsavoury types with whom Jaffer, the former MP, kept company. The more that is learned about the hot-headed Guergis, the latest being that she could hardly keep staff for more than a week at a time, the more one wonders why the tightly run government didn't rein her in.

Critics called on Harper to fire Guergis weeks ago. It's something he probably wishes he had done before she started adding to her blunder streak, which began with her childish temper tantrum at the Charlottetown airport.

The PM has often been slow to unload troublesome ministers. He allows them to dangle while the media and the opposition feast.

The Oliphant Commission, which is looking into the Mulroney matter, is due to report within the next month or two. The public will be reminded of that low-level operation at the same time as the Guergis one is being investigated. It's the kind of link the Harper government was hoping to avoid.

The PM has often been pilloried for being a control freak. With people like Helena Guergis in his cabinet, it's easy to understand why he felt he had to be that way.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Be proactive with your child's safety

InStep

If town criers still existed I'd be ringing the bell and shouting warnings to parents to predator-proof their children in light of Graham James being granted a pardon by the National Parole Board.

Our show On The Line has featured many experts from police sex crime units. Recently, we opened our phone lines for public feedback about the James case. As we listened to callers express their disgust with the parole board, what struck me the most was the level of fear some parents expressed for their child's safety. I realized just how deep this issue was affecting some parents so we shifted the discussion to one about common sense ways to protect our children.

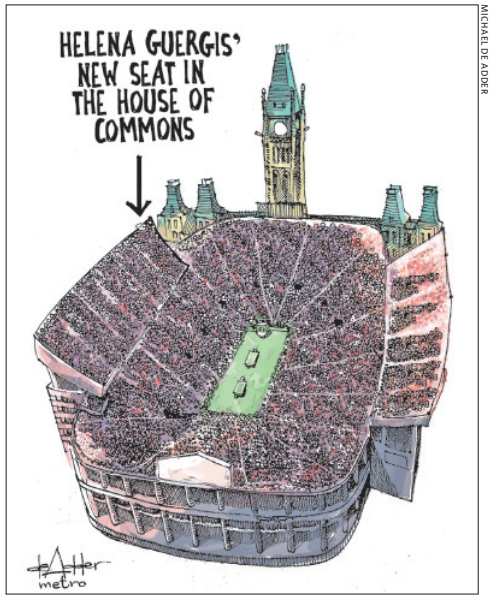
I'll reiterate some key points that all parents should know when it comes to predator-proofing children. Starting with their M.O., predators typically seek out positions that put them near children. They will even befriend someone with children to be near the kids. Predators know children well: Their fears and the vulnerable points of entry into to a child's heart. They are also proficient liars and will tell your child anything to convince them to comply to their sinister wishes. Luring children on the Internet is another huge problem, so make sure computers are placed in high-traffic areas in the home.

With those horrors in mind, we need to intermittently teach our children about good and bad touches, communicate regularly with them about their day, watch for unusual signs — like reluctance to talk to you and/or withdrawal. It is also vital to keep in regular contact with adults who are spending lots of time with our children and have opportunity to be with them alone.

In the James case, as soon as he came out of jail, he went to Spain to coach more hockey. According to former victim Sheldon Kennedy, James has never apologized nor shown remorse.

So while we continue to hold authorities accountable for public safety, taking proactive measures with our children is our best option.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



MICHAEL DE ADDER

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HBC to be run out of New York

Canada's oldest retailer, the Hudson's Bay Company, announced yesterday that following the retirement, June 1 of chief executive officer Jeff Sherman, the company will be run out of New York by its owner, Richard Baker, president and CEO of NRDC Equity Partners. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Economy recovering, but slowly: Poll

The Bank of Canada's spring survey of businesses is providing further evidence that the economic recovery is taking hold, even as key decision-makers expect improvements will be gradual rather than robust.

Canadian firms are saying they expect sales to increase modestly over the next year. They also plan to hire more workers and invest more on new equipment and machinery.

But most companies also report that they are operating below their capacity and expect to do so for at least the next six months.

"Firms expect a modest increase in sales volumes following declines over the past year," the central bank said Monday.

"Firms reported that sales expectations are supported by the U.S. general economic recovery, an improving near-term U.S. economic outlook, and, in a growing number of cases, their own initiatives to reposition themselves for growth."

The quarterly survey of 100 key firms is also often cited by the central bank as a factor in its forecasts and decisions about interest rates.

The latest result, while positive, is also muted enough that it is unlikely to put additional pressures on the Bank of Canada to move more quickly than it otherwise would have on interest rates.

Recently, some economists have predicted the central bank will start raising interest rates at its next scheduled announcement date on June 1, about a month-and-a-half before governor Mark Carney's conditional commitment.

With the economy growing at an expected six per cent clip in the first quarter, on the heels of a five per cent advance in the last three months of 2009, there is no longer any need to keep the policy rate at the emergency level of 0.25 per cent, the analysts argue.

THE CANADIAN PRESS

Bankruptcies down

- Fewer Canadian firms and consumers went broke in January compared with December, an indication of improving economic conditions.

The 6.7 per cent decrease in insolvencies between December and January of this year was the biggest in 20 years, according to the federal bankruptcy office.

The superintendent of bankruptcy's office says January usually marks an increase in the number of insolvencies.

THE CANADIAN PRESS

Toyota problems may date to 2004

AUTO Toyota was seeing numerous customer complaints about software problems in some of its models as early as 2004, according to documents filed as part of a Canadian lawsuit against the company.

The documents from Toyota acknowledge problems with the automatic transmissions in Camry, Sienna, Highlander and Lexus ES vehicles.

"Lexus dealer owners are using the term 'franchise threatening' regarding this issue," says one internal document, dated Aug. 6, 2004, and labelled as confidential.

It adds that the Lexus dealers were doing a good job "shielding" Toyota from the complaints, but warns that a fix is needed soon.

The documents were filed in the Ontario Superior Court as part of a lawsuit against Toyota Canada by a Toronto woman.

Karen Stekel claims Toyota is responsible for an accident in which she allegedly lost control of her Lexus ES330 and drove it into a tree, causing her "serious and permanent injuries."

Stekel's lawyer, Ted Charney, will be in court today to argue that parent company Toyota Motor Corp. should be added to the list of defendants, which currently include Toyota Canada, the dealership that sold Stekel her car and the company that financed the purchase. He will also argue that Stekel should be awarded punitive damages by the company.

THE CANADIAN PRESS

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More flights were on time last year

TRAVEL Some things did go right for airline passengers last year: Planes were more likely to land on time and bags less likely to get lost.

As a result, passengers reported fewer complaints in 2009 even while cash-strapped airlines reduced flight schedules and charged for everything from bags and pillows to prime spots in boarding lines.

Airline performance has been improving over the past two years. In 2007, the year air travel surged to its busiest level since before the attack of Sept. 11, 2001, and airline performance suffered a near meltdown. Last year, however, there were 704 million U.S. airline passengers, compared with 770 million in 2007.

The findings, based on an analysis of government statistics, are in the latest annual report by private researchers.

One cloud in the otherwise friendly skies was a slight increase in denied boardings, mostly bumpings due to overbooking.

THE ASSOCIATED PRESS

ScanLife

And the Pulitzer for public service goes to ... the Bristol, Virginia Herald Courier?.

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Japan **Making progress**

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Japan's Finance Minister Naoto Kan said at a press conference in Tokyo yesterday that Japan is making a solid recovery but faces problems from deflation and debt. Since Prime Minister Yukio Hatoyama swept into power last summer, stock prices have risen and the yen has depreciated, Kan said.

WePad **Another rival**

MICHAEL SOHN/THE ASSOCIATED PRESS

Helmut Hoffer von Ankershoffen, managing director of the Neofonie company, poses with the new WePad tablet PC in Berlin yesterday. The German maker of a new tablet computer is setting out to rival Apple's iPad with the promise of even more sophisticated technology.

Takeover rumours send Palm shares soaring

TECH Palm Inc. shares surged yesterday on persistent rumours that the phone maker is exploring the possibility of selling itself to an outside buyer, CBC News Online reported yesterday.

Although the company has declined to comment, the stock was up more than 16 per cent to more than $6 on the Nasdaq yesterday.

Yesterday's surge comes after Palm shares gained more than 30 per cent last week on the same speculation.

Multiple reports suggest the company has hired investment bank Goldman Sachs Inc. and takeover specialists Qatalyst Partners to strategically advise the company.

METRO NEWS SERVICES

Harlequin to take full ownership of German publisher
Harlequin Enterprises Ltd. says it's acquiring a German publishing business it has helped operate for years. THE CANADIAN PRESS

Watch out, iPhone

Microsoft's new handsets aimed at social networkers

Microsoft Corp. unveiled two cellphones yesterday that are meant for social-networking-savvy teens and 20-somethings, in an attempt to revitalize its mobile business and regain ground on iPhones and BlackBerrys.

Microsoft said its new touch-screen phones — a short, square-shaped handset called Kin One and a longer, more rectangular one called Kin Two — will be sold exclusively in the U.S. by Verizon Wireless. They are being made by Sharp Corp., which has produced Sidekick cellphones, whose software comes from Microsoft-owned Danger Inc.

In the past, Microsoft has mostly sold its mobile software to other companies to put it on phones they make. This will be the case with its recently announced Windows Phone 7 Series software, which is expected to be on handsets by the holidays. The Kin phones mark a departure, as Microsoft has sway over the creation of their software and hardware.

Secret identity

- The Kin handsets will not be obviously branded as Microsoft products. They will sport a sizable "Kin" logo on the back and, in smaller type, an indication that they are Windows phones from Verizon and Sharp.

Verizon said it will start selling the Kin phones online in early May and in stores shortly thereafter. In the fall, carrier Vodafone Group PLC — which owns Verizon Wireless in partnership with Verizon Communications Inc. — will start selling the Kin phones in Italy, Spain, Germany and the U.K. Microsoft has not yet announced prices.

Microsoft needs help in the cellphone market. Its software has been losing share while Apple Inc. and Google Inc., which makes the Android operating software, have gained. Microsoft software ran on 13.1 per cent of smart phones sold in the U.S. last year, according to research firm In-Stat. That put Microsoft in third after BlackBerry maker Research In Motion Ltd. and Apple.

Roz Ho, leader of the Microsoft team behind the Kin, said the company has been working on the Kin devices for several years, trying to create a handset for people who especially want to connect with others over social Web sites such as Facebook. The phones are also meant for people who want a handset that works simply, without forcing them to hunt through menus and icons, she said.

That setup could also present a risk. Unlike most popular smart phones, the Kins won't have access to application stores that let customers download add-on software programs. Ho said her team studied consumer habits and then built the activities they used most often into the Kin phones.

THE ASSOCIATED PRESS

Greece responds to loan promise

DEBT CRISIS Greece's borrowing costs dipped yesterday in positive early-market reaction after eurozone countries filled in details of a financial backstop aimed at quelling fears the indebted country could default.

On Sunday, eurozone governments said they would make €30 billion ($40 billion US) in loans available to Greece this year if Athens asks for the money, while the International Monetary Fund would contribute about €10 billion more.

The finance ministers of the 16 eurozone countries also agreed on a three-year financing formula that would mean a fixed interest rate of "around five per cent," while the variable rate would be around four per cent, officials said.

The rate is still above what IMF aid recipients usually pay, but is less than markets had been demanding in recent days. The downward trend in Greek borrowing costs as markets opened yesterday will lead to relief in Athens. The hope is that the mere fact the loans are available will calm markets. That would let Greece borrow normally at acceptable interest rates by selling bonds.

The German stock index DAX is photographed yesterday at the stock market in Frankfurt. Stocks rose yesterday after easing concerns about Greece's debt raised expectations for the economy.

The promise filled in details of a March 25 pledge of joint eurozone-IMF help. That pledge failed to calm investors because it omitted key details and imposed strict conditions.

While the plan could be activated as soon as Greece asks for it, Athens insists it prefers to borrow on the market rather than use the rescue.

THE ASSOCIATED PRESS

Business in brief

BROADBAND Telus Corp. says it plans to expand the scope of its broadband services in Quebec by investing $250 million in the province this year. Canada's second-largest telecom company says the money will be put towards fibre optic networks. The company has its roots in western Canada, but Telus Quebec says the company has invested more than $7.6 billion in the province over the past 10 years.

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Savings means saying 'Me First'

Rule Number 1 of saving: Pay yourself first.

Maria Contreras
RBC Royal Bank
Product Manager, Savings Accounts

Every savings plan calls for a goal – and the determination to reach it. It's important that you see savings as being just as important as cable, phone, groceries, and your other expenditures. Make this your mantra: I promise to pay myself first. Get into the habit of putting money aside from every paycheque. *Make it a must* – just like paying your mortgage or rent. No ifs, ands, or buts.

Start by having the proper bank accounts. Chances are you already have a chequing account; the one you look at as your primary, day-to-day account for most of your banking needs. Paycheques go in, expenditures go out. But if you're really serious about saving, you need to establish a *separate* savings account.

A distinct savings account ensures that the money you're putting aside for your future goal actually remains dedicated to that goal. Depositing money should be effortless – look for an account that allows simplified online transfers between your chequing and savings accounts. The easier it is to transfer money into your savings account, the easier you'll find it to save. But because life isn't perfect and circumstances can always change, you will also want to look into a savings account that allows you to access your savings in the event you need it – with no strict minimum monthly balances you need to adhere to, or penalties for accessing your money.

If you still find it hard to commit to a savings regimen, let your bank do it for you! Scheduling automatic transfers from your everyday account to your savings account is a manageable, "set it and forget it" method of paying yourself first. You may want to arrange for these "memorized" transfers to occur as soon as your paycheque is direct-deposited into your chequing account. Be sure it's a figure you can live with – let's say $25 a week (which can add up to $1300 in just a year!). Soon you'll be putting money away without even thinking about it.

In the meantime, you'll still want to keep your spending top-of-mind. Be sure you can remain committed to saving by feeling comfortable with your spending. Keep tabs on outgoing cash by monitoring your ATM withdrawals, tallying receipts for entertainment and other expenses, and noting any changes in your spending habits. When you know where your money's going, it's easier to see how much you could be keeping. And, who knows – you may even find new opportunities to save!

Next week: Saving against the unexpected.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Don't try keeping up with the Joneses

AlisonOnMoney

Alison Griffiths
metronews.ca/alisononmoney

ALISON'S MONEY RULE
Spending to keep up with the Joneses or keep friendships intact is a one-way street to debt and dissatisfaction.

If you listen closely around the urban corridors of this land you will hear the faint sounds of belts loosening. We're spending again!

Retail sales have crept up in most categories, notably in footwear (gotta cover those tootsies), appliances and furniture. And as the dollar teases prime, cross-border shopping is, once again, becoming a weekend pastime.

But with those numbers comes the question — why are we spending? A surprising number of people buy stuff in order to keep pace or face with family, friends or co-workers. This kind of spending can put you on a path to debt and dissatisfaction.

One couple I worked with had a circle of friends who went out for a fancy dinner together every couple of weeks, continuing a tradition they'd developed pre-kids. With baby sitters, drinks, tips, etc., they were blowing nearly $500 a month, money they simply didn't have. The cost just kept mounting up on their credit cards.

After agonizing about their situation they fessed up. To their surprise they found everyone was experiencing similar difficulties with their enjoyable habit. But no one wanted to be the first to say, "We can't afford this anymore." One of the wives actually wept with gratitude at having their big secret out in the open.

The same group still meets regularly but now they take turns hosting. The kids are stashed in the family room with a sitter hired for the group, the food is potluck, the drinks are BYOB and the entertainment is, wait for it, board games. Each week a different couple dusts off one of the boxes they have stashed in the basement. Clue, Risk, Trivial Pursuit, Cranium, Mastermind, Balderdash. Fun!

Another couple were part of a yacht club crowd. They kept up the membership, even after the husband was downsized, for fear of losing their friends and, even worse, looking like losers. Two years after selling their boat they have a whole new set of friends who kayak.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Consider second-tier companies

Investing

Allan Small
metronews.ca/investing

Many of the large cap companies in the U.S. and Canada saw their stock prices devastated during the recession. However, since then, many of them have bounced back from their lows, with some even doubling in price since March 2009. So, with this in mind, where can an investor put their money to still take advantage of the growth yet to come?

There are two types of investments. The first would be to choose investments or companies that have lagged the recent rally. These types of investments are becoming harder and harder to find as the market continues to rise, but they still exist.

The second type of investment to consider would be what the market calls "second derivative" investments. These are companies or investments that do well feeding off the success of other companies or investments. Best Buy is an example of a second derivative investment, as it could be the benefactor of the success of the new products sold through its stores, such as the Apple iPad. With the new iPad being sold through Best Buy, if the product is a success, it could really help Best Buy's bottom line.

Investment ideas that seem to be working in this market have not changed in the last year. The growth areas are still the same. Sectors like technology, infrastructure, financial, commodities and oil have all done well and continue to perform well. However, as their prices rise, these sectors start to look a little pricey for the average investor to make an initial investment.

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

On the web

Money Matters: Henry Choo Chong talks about Ontario's new harmonized sales tax and rebates. Visit metronews.ca/moneymatters to read his column.

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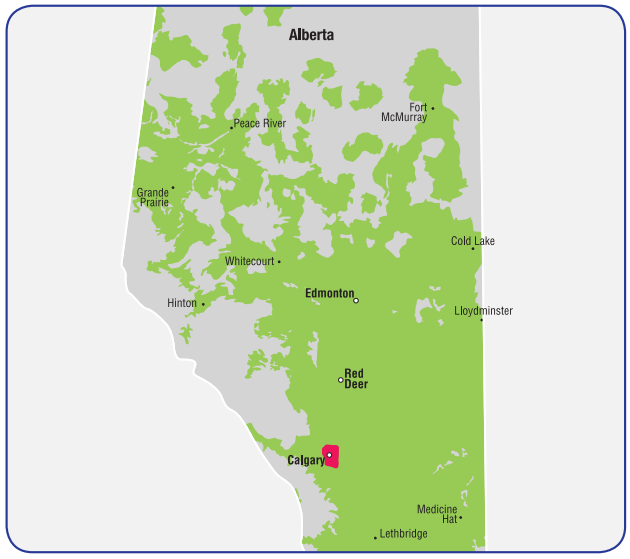

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Jays' Hill headed to DL

The Toronto Blue Jays have placed second baseman Aaron Hill on the 15-day disabled list with a hamstring injury. Manager Cito Gaston says the team wants to be cautious with the all-star player and not risk further damage. THE CANADIAN PRESS

Sports

Newest Jet suspended four games

Newly acquired Jets wide receiver Santonio Holmes, left, was suspended yesterday without pay by the NFL for the first four regular-season games for violating the league's substance abuse policy. The league announced the suspension a day after the Jets acquired the talented but troubled Holmes from the Pittsburgh Steelers for a fifth-round pick in this month's draft. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

FRANK GUNN/THE CANADIAN PRESS

Chicago White Sox centre-fielder Alex Rios hits a broken-bat single off Toronto Blue Jays starting pitcher Brian Tallet last night.

Blue Jays drop home opener

MLB RESULTS

Sox 8 **Jays** 7 (11 innings)

Baseball fans were treated to elements of nostalgia in the home-opener, with Rogers Centre filled to the rafters like it was during the glory years, but they were also given an idea of the realities facing the Toronto Blue Jays as they delve deeper into another rebuilding season.

The starting pitcher needed help and the closer was shaky, costing the Blue Jays their unexpected five-game winning streak. Toronto fell 8-7 to the Chicago White Sox last night, falling just short of a rally in the 11th inning.

Andruw Jones hit two home runs for the White Sox. Another home run, this time from Chicago third baseman Mark Teahen in the top of the ninth, cost Toronto closer Jason Frasor a save.

The Blue Jays announced the attendance as a sellout, at 46,321, and many in the crowd had been busying themselves with focused jeering of former Toronto centre-fielder Alex Rios, who was claimed on waivers by Chicago last August.

THE CANADIAN PRESS

NHL draft lottery set for tonight

LOTTERY The Edmonton Oilers are hoping the odds work in their favour at the NHL draft lottery.

But whether deputy commissioner Bill Daly draws their name or another team when the lottery is held tonight (TSN, 8 p.m. ET), most scouts feel they cannot lose with two prize choices — Plymouth Whalers centre Tyler Seguin and Windsor Spitfires winger Taylor Hall — there for the taking when the draft is held June 25 in Los Angeles.

Oilers GM Steve Tambellini will be on hand for the live broadcast from a TSN studio along with fellow general managers Peter Chiarelli of the Boston Bruins, Randy Sexton of the Florida Panthers and Scott Howson of the Columbus Blue Jackets.

Balls representing the 14 teams that failed to make the playoffs are in play, and only one is selected.

The winner can move up a maximum of four positions, so only the bottom five teams in the league standings (except 29th-place Toronto, who traded their pick to Boston) have a shot at the No. 1 overall pick. THE CANADIAN PRESS

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SCOREBOARD

MLB

YESTERDAY'S AL RESULTS

Kansas City 10 Detroit 5
Texas 4 Cleveland 2 (10 innings)
Minnesota 5 Boston 2
Oakland 4 Seattle 0
Tampa Bay 5 Baltimore 1
Chicago White Sox 8 Toronto 7 (11 innings)

YESTERDAY'S NL RESULTS

Chicago Cubs 9 Milwaukee 5
Philadelphia 7 Washington 4
St. Louis 5 Houston 0
San Diego 17 Atlanta 2
Cincinnati 6 Florida 5 (10 innings)
Pittsburgh at San Francisco

TODAY'S AL GAMES

Kansas City (Bannister 0-0) at Detroit (Willis 0-0), 11:05 a.m.
A. Angels (E.Santana 0-1) at N.Y. Yankees (Pettitte 0-0), 11:05 a.m.
Tampa Bay (Niemann 0-0) at Baltimore (Matusz 1-0), 5:05 p.m.
Chicago White Sox (Floyd 0-0) at Toronto (Romero 0-0), 5:07 p.m.
Oakland (B.Anderson 1-0) at Seattle (Fister 0-1), 8:10 p.m.

TODAY'S NL GAMES

Arizona (I.Kennedy 0-0) at L.A. Dodgers (Kershaw 0-0), 2:10 p.m.
Cincinnati (Arroyo 0-0) at Florida (N.Robertson 1-0), 5:10 p.m.
N.Y. Mets (Maine 0-0) at Colorado (G.Smith 0-1), 6:40 p.m.
Pittsburgh (Maholm 0-1) at San Francisco (Cain 0-0), 8:15 p.m.

NBA

YESTERDAY'S RESULTS

Toronto 111 Detroit 97
Atlanta 104 Milwaukee 96
Charlotte 105 New Jersey 95
Denver 123 Memphis 101
Miami 107 Philadelphia 105
New York 114 Washington 103
Orlando 118 Indiana 98
San Antonio 133 Minnesota 111
Houston at Sacramento
Oklahoma City at Portland
Dallas at L.A. Clippers

TODAY'S GAMES

Boston at Chicago, 6 p.m.
Utah at Golden State, 8:30 p.m.
Sacramento at L.A. Lakers, 8:30 p.m.
Denver at Phoenix, 8:30 p.m.

NHL

PLAYOFF MATCHUPS

EASTERN CONFERENCE

Washington (1) vs. Montreal (8)
New Jersey (2) vs. Philadelphia (7)
Buffalo (3) vs. Boston (6)
Pittsburgh (4) vs. Ottawa (5)

WESTERN CONFERENCE

San Jose (1) vs. Colorado (8)
Chicago (2) vs. Nashville (7)
Vancouver (3) vs. Los Angeles (6)
Phoenix (4) vs. Detroit (5)

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Sports in brief

MLB Major League Baseball commissioner Bud Selig says he's concerned about the slow pace of ball games. Selig says some games drag on when pitchers take too long between pitches and hitters constantly step out of the batter's box.

NFL The Tennessee Titans have agreed to terms with Chris Simms, bringing back a quarterback they had in 2008 as he worked himself back into shape. The Titans announced the move yesterday, making Simms the third quarterback on the roster with Vince Young and Kerry Collins.

NFL Authorities announced yesterday that they will not charge Pittsburgh Steelers quarterback Ben Roethlisberger after a college student accused him of sexually assaulting her at a nightclub last month. Ocmulgee Circuit District Attorney Fred Bright said the 20-year-old student's accusations could not be proven beyond a reasonable doubt, and her lawyer said in a letter that she did not want to press charges.

NFL Jason Campbell has signed his $3.1-million US tender with the Washington Redskins, taking him off the market as a restricted free agent while leaving open the possibility of a trade. Campbell was given permission to explore a trade after Donovan McNabb was acquired from Philadelphia last week.

NBA Andrea Bargnani had 33 points, Amir Johnson scored a career-high 26 and the Toronto Raptors improved their playoff prospects by snapping a five-game losing streak with a 111-97 victory over the Detroit Pistons last night.

METRO NEWS SERVICES

Road to Cup looks tougher for Penguins this season

NHL The Pittsburgh Penguins are heading into the playoffs as the fourth seed in the Eastern Conference, just as they did when they won the Stanley Cup last season.

Again, they usually win when Sidney Crosby and Evgeni Malkin show up frequently on the scoresheet, and often lose when they don't. Dan Bylsma is still behind the bench. Marc-Andre Fleury remains in net.

As far as similarities go, that's about it.

Unlike last year, when they jetted into the playoffs as one of the NHL's hottest teams, going 18-3-4 in their final 25 games following Bylsma's hiring, the Penguins are playing erratically.

After beginning the post-Olympic break with a four-game winning streak, they won successive games only once more in their final 16 games.

The playoff opponent is very familiar — this is the third time in four seasons the Penguins and Ottawa Senators meet in the first round. Pittsburgh lost in five games in 2007, its first playoff appearance since 2001, but won in a sweep the following season.

Maybe playing the dangerous Senators will "drive us into playing some good hockey," centre Jordan Staal said, starting with Game 1 on Wednesday night.

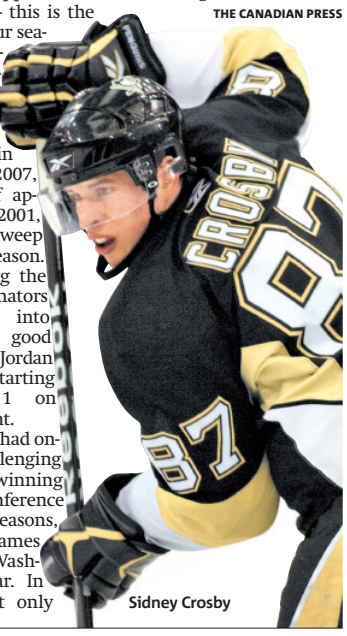
The Penguins had only one challenging round while winning the Eastern Conference the last two seasons, needing seven games to eliminate Washington last year. In 2008, they lost only two games, one each to the Rangers and Flyers, in three rounds.

The route to the finals appears to be much more difficult this year. As challenging, perhaps, as it has been for the Penguins to "get to our game" — one of Bylsma's favourite phrases and a rarely reached goal of late.

"I like our guys in terms of being playoff tested and playoff proven," Bylsma said. "We know how we are going to need to play."

The biggest concern: The Penguins' inability to beat the conference's top two teams. They lost all four to the Washington Capitals, two in extra time, and all six to the New Jersey Devils. Should the top-four-seeded teams advance past the first round, the Penguins might have to beat both teams — each time without the home-ice advantage — to return to the finals for the third straight season.

THE CANADIAN PRESS



Sidney Crosby

Twins win first game at new home

MLB The Minnesota Twins have finally moved into their own place.

They held the housewarming party outdoors.

After 28 seasons inside the dingy Metrodome, the Twins broke in Target Field by beating the Boston Red Sox 5-2 yesterday behind hometown star Joe Mauer, in the first regular-season game at their new ballpark.

Jason Kubel hit the first home run — "I'll remember for the rest of my life," he said — and Carl Pavano earned the first victory.

"I've been waiting a long time," said Mauer, who grew up less than 10 miles away in St. Paul. "It's definitely a special place, and I'm glad it's here."

THE ASSOCIATED PRESS

CN extends sponsorship of Canadian Women's Open

CN extended its sponsorship of the LPGA's Canadian Women's Open through 2013 yesterday. The three-year extension, which includes a two-year option, will see CN also continue its sponsorship of the Canadian Women's Tour and Future Links junior program. THE CANADIAN PRESS

Blue Bombers roll dice on QB Pierce

Buck Pierce doesn't want to be labelled a fragile quarterback.

After the free agent signed with the Winnipeg Blue Bombers yesterday, he addressed concerns that he's been injury prone during his five-year CFL career.

One report last season said the former B.C. Lions starter suffered two concussions in 2009 and a total of five during an 11-month span.

Pierce said those numbers are "false."

He confirmed one concussion last season, but noted he returned to action until an injury to his non-throwing shoulder in October ended his season.

"In my mind, there really is no number," Pierce said of his concussion history.

"Things have kind of gotten so blown up and so spread out. You know, it's kind of become like a fairy tale or like an urban legend or something. It's a lot bigger than it is.

"I couldn't even put a number on it. Last time I spoke to trainers, they cleared me. They said I was healthy and that's what Winnipeg needed to hear and that's what I needed to hear."

The 28-year-old New Mexico State University product was released by B.C. last month after the Lions signed Casey Printers to a contract extension.

Pierce has played 86 regular-season games since joining the Lions in 2005, completing 65.2 per cent of his passes. He started 34 games and posted a 21-12-1 record.

THE CANADIAN PRESS

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Liddell to take on Franklin at Vancouver UFC main event

MMA Former light-heavyweight champion Chuck (The Iceman) Liddell will take on former middleweight title-holder Rich (Ace) Franklin in the main event of UFC 115 in Vancouver June 12.

Liddell had been expected to fight Tito (The Huntington Beach Bad Boy) Ortiz for a third time in the marquee bout at GM Place. The two are currently serving as rival coaches on Season 11 of The Ultimate Fighter, a reality TV matchup that is traditionally followed by a pay-per-view showdown.

Chuck Liddell

In announcing the card yesterday on its website, the UFC did not offer a reason for the main event switch. But rumours of Franklin replacing Ortiz on the show and as Liddell's opponent have been surfacing for weeks.

Asked about the reason for the main event change, UFC president Dana White teasingly texted: "Gonna have to watch TUF."

The 40-year-old Liddell (21-7) has not fought since UFC 97 last April, when he was knocked out by Mauricio (Shogun) Rua. Franklin (27-5 with one no contest) is a former 185-pound champion who now campaigns as a light-heavyweight.

THE CANADIAN PRESS

Sports in brief

MLB Mark McGwire drew a standing ovation before the Cardinals' home opener yesterday, a sign many St. Louis fans have forgiven the former home run king for using steroids. There was a burst of applause even before the official introduction prior to the game against the Houston Astros. McGwire is the Cardinals' hitting coach. THE ASSOCIATED PRESS

Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: SARAH.CAIRNS@METRONEWS.CA

Take your employment search online

The Internet offers many benefits for those looking to research their career options

RAFAEL BRUSILOW
for Metro Canada

Planning your career path can seem daunting, but a little web surfing can make your choices a lot clearer.

Going online to research your career options has many benefits — it's convenient, free, involves little personal risk and can be a great starting point to get a sense of what industries and careers are out there that match your interests and skills.

Shirin Khamisa, a career coach at Careers By Design, says while some freestyle web-surfing is fine to get your bearings, make sure you do eventually set goals for your research sessions to ensure you spend your time wisely and don't get overwhelmed or discouraged.

"When you open the computer, ask yourself, 'What are my objectives with this research? What am I looking to find?' That can make a big difference in terms of keeping yourself focused," Khamisa said.

For finding out more about different jobs, the Government of Canada offers a great resource, which lets you search through job descriptions and skill requirements for thousands of occupations, find out what wages and salaries are like in different industries and even where to go to get trained for specific jobs.

Industry Canada also lists thousands of employers under job categories including brief descriptions of companies with their website and contact information as well so you can research individual employers in your chosen field.

Many public libraries and educational institutions throughout the country also offer access to Career Cruising software, which contains in-depth job profiles including information about standard working conditions, expected earnings, education and training needed and plenty of other great resources.

Similar information can be found at the National Occupational Classification offered by Human Resources and Skills Development Canada.

Khamisa says the right attitude is crucial when searching out career options — keeping an open mind makes the process less intimidating and can inspire you to consider career changes you might never have thought of before.

"Having that adventurous spirit really helps people move forward with change," Khamisa said.

Log on

- Here are a few sites to get you started, suggested by career coach Shirin Khamisa (careersbydesign.ca):
- Government of Canada: labourmarketinformation.ca
- National Occupational Classification: hrsdc.ca.ca
- Industry Canada: ic.gc.ca

Researching your career options online is a great starting point.

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Learning Curve is a special feature that focuses on education and student life.

University of Calgary professor Barbara Schneider examined how homelessness is depicted in the media and soon realized that the homeless themselves are rarely given a voice in mainstream media.

Homeless people get their voice back

Write to Speak blog started by UofC prof

MICHELLE LINDSTROM
for Metro Canada

Barbara Schneider, a University of Calgary communications studies professor, decided to give homeless Calgarians a voice via a blog titled Write to Speak.

She began doing research more than a year ago on how homelessness is represented in newspapers, specifically The Globe and Mail, the Calgary Herald and the Vancouver Sun.

"I thought we were going to see just one version of homelessness across the country, but it's just not so," says Schneider.

Barbara Schneider

"In Calgary, there's much more positive coverage of homelessness and there's a sense that the community can do something about it," she explains. "In Vancouver it's much more negative.

"In the Globe and Mail, it's represented as a local problem, so that correlates to the fact there's no national strategy for homelessness in Canada."

She deduced that negative outlooks of homelessness make community members back away from getting involved and think the government should deal with it.

Schneider found in the newspapers she studied, experts were quoted about homelessness more than 70 per cent of the time.

"It's almost like homeless peoples' stories are just there to give the experts something to comment on.

"I wanted to turn that on its head and give homeless people the opportunity to comment themselves on any issue they thought was relevant or important in regards to homelessness," Schneider says, hence, Write to Speak.

In January of this year, Schneider partnered with the Salvation Army and put the word out that she was looking for homeless volunteers to contribute to a pre-made blog (Write to Speak) she hopes will eventually be handed off to the writers completely.

She gave the four volunteers simple guidelines: they have to write for an audience, engage people; do not rant and alienate the audience and feel free to comment about homelessness as a situation with possible ideas and solutions.

The first homeless person's post went up in mid-February and they keep coming in varying topics and lengths.

"They love it," says Schneider. "They really feel good about the fact that they get to express themselves on any topic that they choose."

Schneider says she has not received any official government responses to her studies or blog, but a few homeless foundations have linked Write to Speak to their sites.

"I hope people will read the blog and come to see homeless people in a different light," she says. "The community makes a big mistake if they think they can really solve this problem without talking to people who are homeless."

See the posts

- See the posts on Write to Speak, livinghomelessourwritetospeak.blogspot.com and comment — feedback is encouraged.

Ambrose adds three degrees

MICHELLE LINDSTROM
for Metro Canada

Ambrose University College will have three new bachelor degree programs to offer this fall's prospective students: Education, Business Administration and Music.

Applications have already arrived at the University for all three new programs reinforcing the faculty's belief they have an exciting year ahead.

Dr. Bernie Potvin, Ambrose's chair of education says the Education two-year degree program will be very competitive and geared towards training for elementary schools.

"We've chosen to start with a small cohort of 24 to 30 students," says Potvin. "We want to start well and we want to start small."

Ambrose is officially partnered with the Rocky View school division, making paid internships and work placements quite accessible for students and graduates.

The University's four-year Business Administration degree program will accept students straight from high school. The number of seats will be based on how many people apply.

"We'll admit all qualified students," says Potvin.

It builds on foundations of accounting, economics, business and the ability to explore the emerging field of microfinance, says Potvin describing the new Business Program.

The last new fall program, bachelor of music, is performance-based compared to Ambrose's existing BA of art in music, which is more theory and musical history-focused.

Learning Curve is a special feature that focuses on education and student life.

A better way to surf the net

SurfNet group researching ways to improve digital displays

MICHELLE LINDSTROM
for Metro Canada

Members of the University of Calgary computer science department are pushing limits of existing digital display surface research called SurfNet with the help of others across Canada.

Digital displays, such as multi-touch screens, tabletops and wall-sized displays are part of what a group of researchers, industry partners and government collaborators are working on, explained Jeff LaFrenz SurfNet's network manager. The team hopes to improve software development, performance and usability pertaining to surface computing environments.

SurfNet

- See nsercsurfnet.org for more information about SurfNet.

U of C SurfNet researcher, Dr. Sheelagh Carpendale said she began looking into these types of tables and large walls approximately in 2003. SurfNet's principal investigator Frank Maurer connected with her a little later and took on the software engineering angle of the research.

Carpendale's work has included input from hardware developers and marketers like SMART Technologies. "We're not doing this in isolation," she said. "We're actually involved in discussions as the research progresses so (company) needs are part of the research and part of the driving force."

LaFrenz explained SurfNet is the link between technology created by companies like SMART Technologies and businesses or homes.

Although digital surface technology is already evolving and available, he feels what's missing "is the ability for software developers to easily and efficiently develop new innovative applications to take advantage of these new technologies as they become available."

SurfNet works with manufacturers of hardware as well as industries needing the power these new devices can provide to develop applications helping businesses run more effectively LaFrenz said. He noted the research focus is on real-world application development. Two more U of C researchers are part of the SurfNet team with nine others from Carleton University, University of Saskatchewan, Queen's University, McGill University and the University of British Columbia.

What LaFrenz and his team feel is important to know about SurfNet is that it's "a world-class group of researchers from across Canada working on the development of applications that will fundamentally change the way we interact with information in our daily lives, making it easier and more intuitive than has every before been possible."

The university of Calgary computer science department is hoping to develop applications that will change our daily lives.

Get yourself a '52-Week Job' internship

KEITH CARMEN
for Metro Canada

Who says today's youth can't hold a job? In the course of one year—February 2007 to March 2008—28 year-old Vancouverite Sean Aiken had 52.

Yes, the Business Administration graduate held one job per week for a year. While that seemingly cements consensus about young people's inability to stay focused or committed, this quick employment turnover is exactly what Aiken set out to do: Discover where to turn after school/with the world at his fingertips.

"When I was looking for a job, I saw these important-sounding titles but had no idea what the job would actually be like," he admits about the impetus for what came to be dubbed the One Week Job Project, an experiment in holding various pre-arranged gigs for no more than seven days. "I was scared at the thought of committing to one, not liking it and then feeling trapped."

The concept quickly picked up momentum, taking Aiken around North America to employ as everything from the good (Cancer Fundraiser for Princess Margaret Hospital Foundation, fashion buyer and organic dairy farmer) to the bad and ugly, most notably disliking picking cattails in a swamp. "It was plus-35 (degrees), tonnes of bugs, smelled bad and had gruelling 12-hour days."

One year, endless experience and over 20,000 donated dollars later however, Aiken admits that the One Week Job Project was inestimable in teaching him the value of life over profession.

"I realized that those who are most passionate about their jobs have a vision of how they're contributing to something greater than themselves," he appraises, adding that the undertaking has also spawned some unexpected side-effects: Everyone from inspired collegiates to frustrated CEOs have inundated Aiken with queries and accolades.

In response and as a means of sharing this opportunity, the One Week Job Co-Op Program has been established. Taking place this summer, three candidates will participate in eight pre-arranged one-week jobs earning both knowledge and a $3,000 honourarium. Aspiring applicants are encouraged to visit oneweekjob.com for conditions.

Those tepid about testing the waters of fleeting finances need not worry, however. Aiken has completed both a documentary chronicling his endeavour as well as a book (Penguin Group) providing a more in-depth account. Through his writing, readers share Aiken's memorable on-site moments, learn the trials and tribulations of realizing the project, ingest internal thoughts and glean lessons from his employers. He also offers insight via the website/social networking with the most popular—and obvious—question being that after such a massive undertaking, has Aiken discovered his calling?

"Yes," he winks building anticipation, "and I invite you to find out by reading the answer in the last chapter."

SEAN AIKEN/SUBMITTED

52-Week Job entrepreneur Sean Aiken seen as a pizza maker.

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Hair star
Your hair goes through a lot. Pantene's new line, Customized, wants you to record your own lockumentary and upload it to pantene.com/realitystar for a chance to be the star of the world's first live reality TV commercial. The contest closes Thursday. METRO NEWS SERVICES

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

You go, Curl! Expert tips for curly-haired girls

Breaking down the dos and donts to keep your locks bouncing like they were born to do

JANINE FALCON
for Metro Canada

If you have curls, you're not wrong in thinking yours is one of the most challenging hair textures.

On the set of Sex and the City 2, Sarah Jessica Parker's 'do took the longest to style, according to lead stylist Frank Barbosa, spokesperson for Schwarzkopf Professional.

"I blew out Sarah's hair then put all the curls back in with a hot iron," he explained.

For most of us, two hours with a professional on hand each a.m. isn't the norm, so the pros share their best tips on getting great curls when they're not around.

THE CUTTING EDGE

The wrong cut for curly hair can be a disaster — think pyramid-heads and hockey hair. Kevin Murphy, an Australia-based stylist who does hair exclusively for magazine and advertising photoshoots, puts it simply.

"Go to a hairdresser with curly hair. The only people who know about curly hair are people who have got curly hair, so pick the person who has hair most like the hair you want."

MOISTURE MANAGEMENT

"Really curly hair can get dry very easily," points out Charles Baker Strahan, whose celeb-hair clients include Leighton Meester and Scarlett Johansson. That's because natural sebum has a tough time travelling from the scalp down the curly-hair shaft.

Using a brush would help, but when it comes to curls, brushing is a big no-no (use a wide-tooth comb instead, when hair is damp).

To compensate, Strahan recommends starting with a hydrating shampoo and conditioner such as Herbal Essences Hydralicious.

"Hydrated hair always styles better," he adds.

If you find that you have to wait two days after shampooing for your curls to look good, could be you're using cleansers too harsh for your hair, says Jessica McGuinty of Jessicurl, a line she developed first for her own mass of corkscrew curls, then in response to growing demand from the community on naturallycurly.com.

"Look for sulfate-free products," she advises. Check labels instead for decyl polyglucose, a very gentle cleanser that doesn't strip hair.

For conditioning, she prefers silicone-free formulas, such as Jessicurl Too Shea! Extra Moisturizing Conditioner, which contains aloe vera, shea butter, and jojoba and avocado oils.

STYLE COUNSEL

Choose your styling product according to your hair type.

"Fine curly hair needs styling product with a little less moisture but that sets the curl in," says Murphy.

If your hair's on the thin side, try a curl-enhancing mousse — the texture adds volume. If you have thick curls, you need something a little more emollient, like a cream.

Murphy also says to apply product when hair is still mostly wet, about 60 per cent. Celeb stylist and John Frieda consultant Harry Josh, who works with Amanda Seyfried, agrees, especially when it comes to preventing frizz.

In fact, he says keeping wet hair wrapped in a towel can make things worse.

"You take it off and the outer layers and hairline, which frizz the most anyway, are already dry and frizzy from being in contact with the towel."

For a defined curl without using a blow dryer, Pantene Consulting Stylist Denis Binet says to comb through a curl cream such as Pro-V Anti-Frizz Crème from root to tip, then "wrap several strands around your finger and tighten the lock. If your hair is very long, pull it up with clips while it dries so that the weight of the water doesn't make the loops fall out."

FINISHING TOUCHES

All styling pros agree: the less you handle your curly hair before it dries, the better. But according to Susan Konkin, curly-hair expert at Delineation Hair & Skin Essentials in Toronto, a fluffy microfibre Hand Dry Hair Glove can improve your touch after you've applied your styling product.

"You can work scrunching, twisting and squeezing your curls without adding frizz while the gloves quickly absorb excess water, which cuts down the drying time."

And don't discount the value of a professional curling iron to help shape random curls for a polished finish, especially if you've got unruly greys to contend with, advises Josh.

To refresh droopy curls without adding water, which can cause frizz, try TRESemmé's new Fresh Start Waterless Foam Shampoo for Dry/Curly to Normal Hair.

Herbal Essences Hydralicious Self-Targeting Shampoo, $3.99 at drugstores.

Hand Dry Hair Glove, $24.95 (2 pack), at delineation.ca and select beauty supply stores.

Jessicurl Too Shea! Extra Moisturizing Conditioner, $17.50 at delineation.ca.

Kevin Murphy Motion Lotion enhances fine curly hair, $22; kevinmurphy.com.au for salons.

TRESemmé Fresh Start Waterless Foam Shampoo for Dry/Curly to Normal Hair, $6.49 at drugstores.

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for Metro Canada

Preparing your tax return isn't what most people would consider a pleasure, but getting money back on your return is when the fun begins.

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Often beauty buys can go on the back burner when other bills are looming, but making yourself look and feel good are great ways to invest your extra cash.

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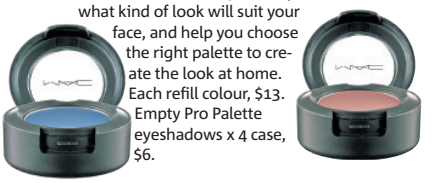
FACE If your tax return was low you can still invest in a makeover. A full makeup application from MAC Cosmetics and an eyeshadow palette is a great purchase. The makeup artists from MAC choose colours that compliment your skin tone, recommend what kind of look will suit your face, and help you choose the right palette to create the look at home. Each refill colour, $13. Empty Pro Palette eyeshadows x 4 case, $6.



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ANDREW H. WALKER/GETTY IMAGES

Model Doutzen Kroes

HEAD Get a whole new look for your crowning glory — your hair. Depending on where you live prices can vary, but getting a whole new cut and colour will give you a fresh new look. Add in a moisturizing hair treatment and you'll give your hair healthy refresh.

For more Refund Fun check out Monday's Metro for a focus on electronics

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HAIR If you're thinking of getting rid of unwanted hair permanently, investing your tax return in laser hair removal sessions may be the way to go. A package of laser hair removal treatments will rid you of underarm hair. Helen Ormston, owner of Gentle Touch Laser in Halifax, says that it's a great way to invest your money. "When you compare laser to waxing, it's much cheaper," says Ormston. "Waxing is a lifetime of ongoing treatments, but laser is an upfront payment."

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Travel mug equals free coffee
To celebrate Earth Month, participating Starbucks Coffee Canada stores will offer customers who bring in a resuable travel mug a complimentary cup of brewed or iced coffee this Thursday. This the fifth year the company has offered the promotion. METRO NEWS SERVICES

Food

Grocery shop... smarter

Estimating rather than doing mental math as you shop for groceries can help you stay on budget, according to new research in this month's Journal of Marketing. Using a calculator to tally up the goods in your grocery cart produces the most accurate results, but rounding up or down to the nearest dollar will yield better results than trying to add $2.49 to $3.76 to whatever else you put in the cart, says the study. TORSTAR NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Go for the club

PHOTOGRAPHY BY JIM NORTON

Apple Rhubarb Turnovers.

Chicken Club Wrap with Garlic Mayo.

Chicken Club Wrap with Garlic Mayo

PREP: 5 MINUTES
COOK: 10 MINUTES
MAKES 4 SERVINGS

INGREDIENTS:
- 8 slices bacon
- 4 boneless skinless chicken breasts
- ½ tsp (2 mL) each salt and pepper
- 1 plum tomato
- 4 large tortillas
- 4 romaine lettuce leaves, chopped

Garlic mayo:
- 1 large clove garlic
- Pinch salt
- ¼ cup (50 mL) light mayonnaise
- 1 tsp (5 mL) lemon juice
- Dash hot pepper sauce

METHOD:
Garlic mayo: Mince garlic with salt until smooth paste; stir into mayonnaise along with lemon juice and hot pepper sauce. Set aside.

In skillet, fry bacon until crisp; set aside on paper towel. Drain fat from pan.

Holding knife horizontally, slice each chicken breast through thickest part and open like book; pound to even thickness. Sprinkle with salt and pepper.

Cook in same skillet over medium-high heat, turning once, until nicely browned and no longer pink inside, 6 to 8 minutes.

Transfer to cutting board and slice. Slice tomato in half lengthwise; slice crosswise.

Spread Garlic Mayo over tortillas. Top with chicken, bacon, lettuce and tomatoes. Roll up; slice in half.

Apple Rhubarb Turnovers

PREP: 20 MINUTES
CHILL: 30 MINUTES
COOK: 30 MINUTES
MAKES 8 TURNOVERS

You will have more than enough icing, so you may want to drizzle on a little extra. If you're in a hurry, use 1 package (397 g) frozen puff pastry instead of making your own.

INGREDIENTS:
- 1 each large Golden Delicious apple and Granny Smith apple (1 lb/500 g total)
- 1 cup (250 mL) chopped rhubarb
- ¼ cup (50 mL) granulated sugar
- 2 tbsp (25 mL) all-purpose flour
- ½ tsp (2 mL) lemon juice
- ¼ tsp (1 mL) cinnamon
- Pinch each ground nutmeg and salt
- 1 egg

Pastry::
- 2½ cups (625 mL) all-purpose flour
- 2 Tbsp (25 mL) granulated sugar
- ½ tsp (2 mL) salt
- ¾ cup (175 mL) cold unsalted butter, cubed
- ¾ cup (175 mL) ice water (approx)

Cream cheese icing:
- 1 cup (250 mL) icing sugar
- ¼ cup (50 mL) cream cheese, softened
- 2 tsp (10 mL) lemon juice
- 1 tsp (5 mL) water

METHOD:
Pastry: In bowl, mix together flour, sugar and salt. Using pastry blender or 2 knives, cut in butter until mixture is in large crumbs. Drizzle with water, tossing with fork until dough comes together and adding up to 2 Tbsp (25 mL) more water if needed. Divide in half; shape into discs. Wrap each in plastic wrap; refrigerate until chilled, about 30 minutes.

On lightly floured surface, roll out each disc to 18- x 8-inch (45 x 20 cm) rectangle. Let rest for 5 minutes.

Cut each into 4 rectangles.

Meanwhile, peel, core and chop apples into ¼-inch (1 cm) chunks.

In bowl, toss together apples, rhubarb, sugar, flour, lemon juice, cinnamon, nutmeg and salt. Spoon about ⅓ cup (125 mL) onto half of each rectangle. Fold remaining half over filling to enclose. Press edges with tines of fork to seal.

Whisk egg with 2 tsp (10 mL) water; brush over turnovers. Bake on baking sheet in 425°F (220°C) oven until golden, 30 to 35 minutes. Let cool completely.

Cream cheese icing: In bowl, beat together icing sugar, cream cheese, lemon juice and water. Using fork or pastry bag with fine tip, drizzle icing over turnovers.

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Peter Rockwell

metronews.ca/liquidassets

Classic vinos

I hope that you're having a great day because I sure am. As you read this I'm in Italy — my second favourite country on Earth. I'm here in Verona (in the country's northern province of Veneto) for Vinitaly: One of the world's largest wine shows and, for the next few days, the home of just about every major Italian winemaker.

Romeo and Juliet got their groove on in Verona and the city's surrounding grape growing regions of Soave, Bardolino and, of course, Valpolicella are some of the most famous and familiar in Europe.

Of the zillion things to love about Italy, the relaxed pace is close to the top of my list and there isn't a wine that goes better with doing nothing than Amarone. Made in Valpolicella from dried grapes, it's called the conversation wine because it's a rich, full-bodied sipper (which can be dry or sweet) that goes better with some cheese and a chat than it does with a major meal.

Masi's 2005 Costasera Amarone Classico ($37.95 - $49.99) typifying the full-figured, raisin-infused drier styles, with **Cantina di Negrar's 2005 Amarone della Valpolicella Classico** ($34.95 - $40.99) balancing a similar depth with more of a plum influence.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

The baking bond
A recent survey commissioned by Dr. Oetker has uncovered that two-thirds of Gen Y Canadians are looking to spend more time baking and more than 85 per cent of all Canadians believe it is an important activity to teach their kids. METRO NEWS SERVICES

Former supermodel Sophie Dahl, known for her voluptuous curves, has channeled her love of food into a new cookbook and TV show.

Dahl is a *model* chef

New book takes former cover girl from runway to kitchen

CELIA MILNE
for Metro Canada

Supermodels aren't known for sumptuous cooking and extravagant eating, but Sophie Dahl has broken the mold.

Dahl, 32, who has graced the cover of Vogue and posed nude for an Yves Saint Laurent Opium ad, is the proud author of Miss Dahl's Voluptuous Delights (HarperCollins), a new cookbook that dishes sensual pleasure through food.

Though she has certainly tried her fair share of diets — and talks about them in the book — Dahl has overcome earlier weirdness about food and answered what she calls a siren call to the kitchen. "I live for cookbooks. I go to bed reading recipes," she told Metro in a phone interview from the U.K., where she lives.

Recipes such as Vegetarian Monkfish with saffron sauce, Coconut Curry with Shrimp and Poached Eggs on Portobello Mushrooms with Goat's Cheese are lovingly presented and beautifully photographed.

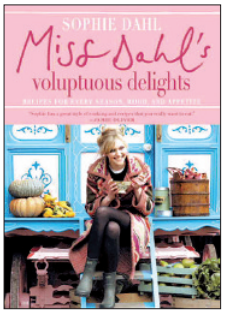
"Words are as important to me as recipes. I love all those round words like abundance and voluptuous."
Sophie Dahl, author & former model

Dahl is a vegetarian — "the hangover of a hippie childhood" — so the recipes reflect that. In her modelling days, she was known as "the voluptuous Sophie Dahl" because she wasn't paper-thin like most models.

"When I started modelling I was a curvy, round 18-year-old. As I got older I stopped sticking my head in the fridge every two minutes and started exercising, so then I wasn't so round. The great voluptuous Sophie Dahl, there's a myth to the whole thing," she says.

In the cookbook, she writes playfully about the effect her curvaceous figure had on people. "The photographers at the end of the runway would sometimes catcall and whistle. It had been a long time since the advent of tits in fashion, so they were pretty enthused."

Writing is in Dahl's genes. She's the granddaughter of the famous Roald Dahl, author of children's books James and the Giant Peach and Charlie and the Chocolate Factory' She shares his famous sense of humour, which comes through in the names of her recipes. Try Hangover Eggs ("when nothing but a fry-up will do") or Coquette's eggs, which she served once to then-boyfriend Jamie Cullum, who is now her husband.



Miss Dahl's Voluptuous Delights by Sophie Dahl.

Dahl has already written one novel and is writing another. She's also working on a cookery show for BBC, "like the world needs another!" she laughs.

"As much as I love food, I also love words," says the prolific Dahl. "Words are as important to me as recipes. I love all those round words like abundance and voluptuous."

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RBC ENCANA PENGROWTH CARDEL HOMES YWCA 100 YEARS

New ways to use the veggie peeler

TIPS Kitchen gizmos are usually created and marketed with a sole purpose that's obvious from the name — vegetable peeler, garlic press, potato masher.

But as chefs and food experts know, most tools can be put to use in a multitude of ways that make your cooking easier, faster or more impressive.

Take the vegetable peeler — a kitchen essential for getting to the heart of carrots and potatoes.

Ann Taylor Pittman, food editor of Cooking Light magazine, uses the peeler to shave hard cheeses like Parmigiano-Reggiano, pecorino Romano and Asiago.

"The beautiful shavings have a bigger flavour impact than grated. Nice for topping salads, pasta, pizza or flatbread," says Pittman.

Use a vegetable peeler to create strips of citrus zest.

Kate Merker, associate food editor at Real Simple magazine, recommends using a vegetable peeler for removing strips of citrus zest (usually lemons, limes and oranges) to use for twists in cocktails.

And Food Network's Clair Robinson puts peelers to use in baking, using them to shave chocolate. "I have even used it to shave butter ribbons for decoration or to melt frozen butter super quick!"

THE ASSOCIATED PRESS

Peeling outside of the kitchen

- Kate Merker, associate food editor at Real Simple magazine even finds uses for her vegetable peeler outside the kitchen. Use the peeler to revive the aroma of scented ornamental soaps by shaving just a bit off the underside, she says.

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Hirsch joins Darkest Hour
Emile Hirsch appears to have jumped aboard alien invasion thriller The Darkest Hour. The 28 Days Later-style film sees a group of travelling American teens in Russia caught up in a battle against marauders from the stars. **EMPIREONLINE.COM**

Entertainment

Much more Miley
Miley Cyrus will perform and co-host the 2010 MuchMusic Video Awards on June 20. "I can't wait to get back to Canada and perform for all of my fans," she said.
METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Streep in Academy of Arts & Letters

HONOUR ROLL Meryl Streep has another academy to thank.

The star of films such as Sophie's Choice and Julie & Julia has been named an honorary member of the American Academy of Arts and Letters, an elite club that includes Toni Morrison, Stephen Sondheim and Jasper Johns. Not even two Oscars, seven Golden Globes and a lifetime achievement prize from the American Film Institute prepared Streep for this.

Streep

"I have to say that I was stunned, and when they sent me the roster of people in the academy I just burst into tears," Streep said. THE ASSOCIATED PRESS

Hit Girl shows fighting spirit

13-year-old Moretz dismisses controversy over Kick-Ass role

PHIL BROWN
for Metro Canada

You might not know the name Chloë Moretz right now, but all of that will change very soon.

The 13-year-old actress already has more than 30 film and television credits to her name, but her breakout role comes this week in the soon-to-be cult classic Kick-Ass.

Kick-Ass opens in theatres Friday

In that tale of would be superheroes, Moretz plays Hit Girl, a pint-sized assassin whose father (Nicolas Cage) quickly moved her from potty training to fight training, turning her into one of the deadliest women in the world at 11 years old. It's the type of role that doesn't come along often for such a young actress and one that is sure to bring Moretz plenty of fame and notoriety.

For Moretz, the road to Hit Girl started in the summer of 2008. "I saw all the posters for Wanted and even though I wasn't allowed to see the movie, I knew I wanted to do an action movie like Angelina Jolie. So, I told my mom that I wanted that kind of role," Moretz told Metro.

Chloë Moretz, right, dishes out the action as Hit Girl in Kick-Ass.

Luckily for the young actress a screenplay was floating around for Mark Millar's then unpublished comic book series Kick-Ass that needed a little girl to beat up henchmen and let off a few explosions.

Moretz and her family fought for the role and she was lucky enough to be cast in the film a mere few months after she had been admiring Angelina Jolie's posters. From there, the serious preparations for the role began.

"I did about six months of fight training," revealed the actress. "I went to the Toronto circus school."

Unfortunately, not everyone has been thrilled by Moretz's performance as Hit Girl. Since the film premiered in Britain a few weeks ago, controversy has built up around the role, with a variety of journalists claiming that having such a young actress involved in violent scenes is incredibly irresponsible.

The issue doesn't really seem to bother Moretz however, who dismisses the critics. "It's just a film. We all knew what we were doing and everything that I did in the film was in the script," Moretz said.

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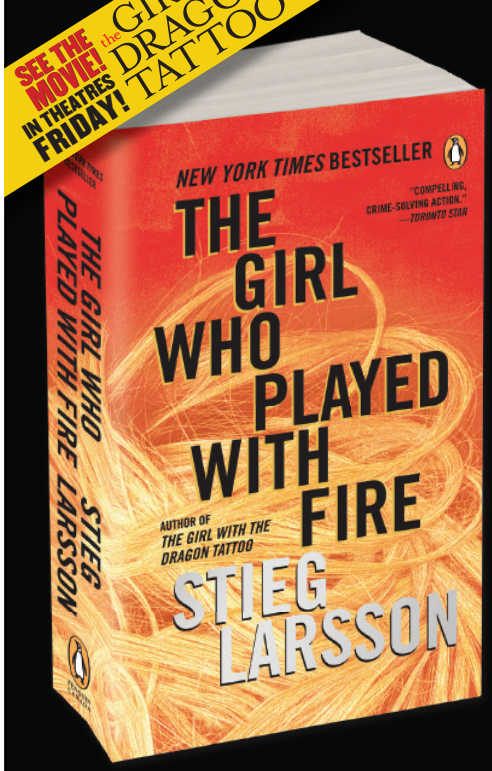

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Shakira visits Haiti
Colombian pop star Shakira is meeting with Haitian earthquake survivors living in makeshift camps and she says she is searching for suitable land to build a school for needy children. METRO NEWS SERVICES

Junos sing different tune

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

Almost every year the Juno Awards ceremony ends up a huge disappointment.

When Celine Dion was nominated for six awards in 2008 and Nickelback for five the year after, I just couldn't find the energy to tune in and watch the show. This year's event in St. John's, N.L., is a different story.

Despite Michael Bublé being up for six awards, this may be the most diverse, and representative, list of contenders in years. You can see who's nominated for what at junoawards.ca, but the likes of Metric, Joel Plaskett, Handsome Furs, Billy Talent, Justin Bieber, Arkells and Drake are all up for hardware.

In the past it was easy to call the winners — Nickelback or Celine Dion — but this year there's no clear champion. So, I'll probably get this wrong, but for fun, let's try to pick some of this weekend's victors.

JUNO FAN CHOICE AWARD Easy, that one's going to Nickelback. (Somehow they're still getting nominated for an album that came out in 2008.)

SINGLE OF YEAR These are all great songs, but I'm going with Drake's Best I Ever Had. While he's got the international cred that often woos the Canadian Recording Arts and Sciences members, this smooth, mid-tempo hip-hop tune really is award worthy.

ALBUM OF THE YEAR I'd like it to go to Billy Talent's III, a solid rock record that's more Sabbath than pop-punk, but Bublé's going to win. Crazy Love topped both the U.S. Billboard chart and Canada's music charts and it's actually a pleasant listen.

ARTIST OF THE YEAR This one's going to Bublé. With six nominations, the Juno voters clearly think Bublé's a step above the rest. And he's also the only nominee to appear on Oprah this year. That feat alone deserves an award.

GROUP OF THE YEAR I want Metric to win. Their haunting new wave-ish Fantasies is their best effort since 2003's Old World Underground and it's far better than Hedley's juvenile pop-punk or the Hip's tired beer rock. However, Billy Talent's hard-hitting third record, will win.

NEW ARTIST OF THE YEAR This category is really between two people — Drake and Justin Bieber. The former is the hottest rapper in the hip-hop space right now; the latter is the biggest star in the pop world. It's too close to call, but I'd like to see Drake win. Bieber will sweep the Juno's in 2011.

ALTERNATIVE ALBUM OF THE YEAR Metric will win this one, but I think the Handsome Furs' Face Control is the best of the bunch. It's gritty, catchy indie rock and easily one of the top albums of 2009.

POP ALBUM OF THE YEAR This category belongs to Bieber. Whether you like him or not, his saccharine pop melodies are a lot better than Hedley's.

ROCK ALBUM OF THE YEAR Billy Talent for sure. If Nickelback wins though — for 08's Dark Horse — I'm turning the Junos off.

RAP RECORDING OF THE YEAR Tough to call. K'Naan's Troubador wasn't just a fantastic album, he's become an international sensation. Drake has two chances to win this category though and with his popularity soaring, he's going to take the prize.

Canadian hip-hop star Drake could take home the Juno for new artist of the year.

"In the past it was easy to call the winners — Nickelback or Celine Dion — but this year there's no clear champion."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

DVD picks

Defendor

Director: Peter Stebbings

LOOK UP IN the sky! Is it Kick-Ass? No, it's Defendor, arriving on DVD before its like-minded rival hits the big screen on Friday.

Woody Harrelson has rarely looked better and Hamilton has never seemed so heroic, in this comic-book drama of a duct-taped vigilante out to wipe the grime off his filthy city.

As the eponymous Defendor, a non-superhero decked out in tights, shoe polish and other dollar-store dressings, Harrelson's character risks both beatings and smirks. He's prowling the streets searching for Captain Industry, the man he's convinced killed his mom.

In real life he's Arthur Poppington, civic employee, and he has a perilous grasp on reality at the best of times, as his psychiatrist (Sandra Oh) knows all too well. Yet Defendor is as sane as any other costumed avenger. And you've got to admire his bravery and essential decency that survives even when it seems he may not.

He befriends a junkie prostitute (Kat Dennings) and makes an enemy of a corrupt cop (Elias Koteas).

Vancouver writer/director Peter Stebbings makes

an impressive feature debut with an idea that reflects its comic-book inspiration in look and tone, yet still qualifies as a serious and occasionally touching character study.

Pirate Radio

Directors: Peter Stebbings

IF THERE were awards handed out for the most badly bungled concept, Pirate Radio would have to be very much in contention. Musical rebellion on the high seas run aground in the sentimental tosh of Richard Curtis, the man who gave us Love, Actually and who wrote Notting Hill and Four Weddings and a Funeral.

There isn't a rockin' bone in the body of Curtis, the British sketch comedy writer turned feel-good filmmaker.

The cruel fates being what they are, he's the guy who gets to ruin this grand idea for a movie, loosely based on the true story of Radio Caroline, a rogue-ship radio station. It operated in the North Sea outside Britain during the stuffier part of the 1960s, when the state-owned BBC judged Perry Como to be safer for British ears than the Rolling Stones. Millions of mutinous rock fans disagreed.

Curtis is incapable of writing or directing a scene that has any greater tension than hopping into bed, planning a prank, muddling a marriage or pondering about paternity. Curtis assembles some of the finest talent on both sides of the Atlantic, and then proceeds to waste all of it.

But at least there are classic rock hits and semi-hits on the soundtrack, providing more energy and revolution than anything Curtis has ever come up with.

Peter Howell/for Metro Canada

Jane Lynch getting hitched
Jane Lynch, 49, confirmed Saturday that she and her longtime girlfriend are engaged, usmagazine.com reports, but the pair haven't yet set a date for the wedding. TVGUIDE.COM

The Glee formula: Sing, sing, sing

TV musical comedy enjoys unprecedented success belting out classic tunes

Glee, the award-winning musical comedy about a misfit high school show choir, might be doing more for music than its fellow Fox juggernaut, American Idol.

In its first 13 episodes, Glee treated viewers to covers of songs by Neil Diamond, Rihanna, Kanye West, Barbra Streisand, Beyoncé, Queen, Liza Minnelli and more.

Glee returns tonight on Global

The music from Glee is a huge success in its own right, with more than 4 million digital downloads sold and two soundtracks already certified gold.

A nationwide tour, Glee Live, featuring key members from the show's cast, kicks off in May and has sold out, and the show is boosting sales for the original artists behind the songs. Its stars are even featured on the current issue of Rolling Stone.

When the hourlong hit returns tonight for a nine-episode run, expect twice the tunes per show and even more mash-ups and musical diversity.

"Every possible musical style and taste is going to be in there," says Glee co-creator Brad Falchuk. "It doesn't matter what you like — you're going to find what you like and stuff you never heard of that you'll love."

But the commercial success of the Glee songs wasn't a reason for the boost, he says. Instead, the decision was made because the music greatly enriches the show by giving viewers an emotional understanding of what the characters are going through.

Falchuk says he and fellow show creators Ryan Murphy and Ian Brennan intentionally upped the number of songs to a minimum of five per episode for the balance of the first season (three to five had been the norm).

This season, the characters will express their joy and frustrations through the songs of acts like AC/DC, the Beatles, Lionel Richie, Olivia Newton-John and Madonna.

Glee, the hit television musical comedy, returns tonight for the first of nine episodes.

In fact, Madonna gets her own entire episode — a tribute to the Material Girl packed with 10 songs, seven of which appear on a separate soundtrack, Glee: The Power of Madonna, set for release April 20.

Practically every member of the show's cast can and does sing, recording their songs regularly at the storied Jim Henson Studios in Los Angeles.

The dozen actors comprising McKinley High School's New Directions glee club sing several songs each episode, while other stars — including caustic cheerleading coach Sue Sylvester (Jane Lynch), cranky football coach Ken Tanaka (Patrick Gallagher) and neat-freak guidance counsellor Emma Pillsbury (Jayma Mays) — chime in from time to time.

Producer Adam Anders arranges, records and mixes all the featured tracks — sometimes as many as 10 a week. "I have eight studios going at all times on Glee," says the 34-year-old, who counts Disney's High School Musical among his credits.

He works around the clock to craft the songs, usually a couple weeks before each episode is shot. When the episode airs, he knows immediately which songs are hits by simply clicking on iTunes. "As a songwriter or producer, you never get that kind of instant reaction," Anders says. "It's really cool."

Some bands covered on Glee have seen a resurgence in popularity. The cast's version of Journey's Don't Stop Believin hit No. 1 on iTunes when the show premiered, helping return the original to the charts.

THE ASSOCIATED PRESS

Mills' estranged dad wants to re-connect

Heather Mills' father has begged his estranged daughter to get back in touch with him, femalefirst.co.uk reports. Mark Mills has not spoken to the charity campaigner for 25 years and is desperate to be reunited her. METRO NEWS SERVICES

Celebrity Buzz

Oprah, Tesh dated

PERHAPS HE CAN WRITE HER A BAD LOVE SONG ON HIS PIANO Long before she was a billionaire media mogul romantically linked to Stedman Graham, young Oprah Winfrey reportedly had a different boyfriend: John Tesh, usmagazine.com is reporting.

In a new, unauthorized Winfrey tell-all, celebrity biographer Kitty Kelley claims that Winfrey and the one-time Entertainment Tonight co-host were lovers who shared an apartment in Nashville, Tenn., in the mid-1970s.

According to New York's Daily News, an excerpt from the book reveals that Tesh, now 57, abandoned Winfrey, now 56, because of the intense "social pressure" of their interracial romance.

"(He) couldn't take it anymore … He walked out in the middle of the night … he told me he later felt very guilty about it," a Tesh source told Kelley in the book.

The pair both had broadcast TV jobs in Nashville at the time. Tesh, now a New Age musician and syndicated radio host, appeared on the 10th anniversary of Winfrey's show, when Winfrey claimed that they had simply shared a "platonic dinner date."

METRO NEWS SERVICES

Miller, Law engaged

JUST KEEP HIM AWAY FROM ANY NANNIES YOU HIRE Sienna Miller and Jude Law's reconnection seems to be working, as the pair are reportedly once again engaged to be married, according to the Daily Mail. Miller was recently spotted wearing the engagement ring Law gave her the first time he proposed in 2005 — only it wasn't where it should be. "They do not want to make the engagement official, which is why Sienna is wearing the ring on the wrong hand," a source explains.

"They are keeping it secret, but are very happy and really hope it's going to work out. Jude has been to visit Sienna's parents and her sister Savannah and has worked hard to redeem himself."

METRO WORLD NEWS

Paris dumps Reinhardt

I GUESS HE WASN'T HOT ENOUGH FOR HER Paris Hilton has reportedly split from Doug Reinhardt, femalefirst.co.uk reports. The socialite reportedly called time on their 14-month romance recently, despite speculation they are planning to marry. A source said: "Obviously she broke up with him."

Hilton, 29, was seen partying in Las Vegas last weekend and Reinhardt was reportedly planning to fly out to see her on his way back from a family holiday to Aspen, but decided not to at the last minute.

The source added to E! Online: "He was in Aspen with his dad this weekend and was considering stopping by Vegas on the drive back, but changed his mind.

"I'm pretty sure that's why he went to Aspen … to hide out and try to get over her."

METRO NEWS SERVICES

Lohan gets sweaty

DANCING UP A STORM Lindsay Lohan had so much fun dancing at the recent Nylon magazine 11th anniversary party in Hollywood that she sweated through the flesh-colored studded mini dress was wearing.

Luckily, she had a backup on hand and quickly changed into a black-and-white number an hour later, according to Page Six.

"People were confused," a source says of the quick change.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

AIMEE MANN isn't impressed with Ice-T's acting, **ICE-T** isn't impressed with Aimee Mann in general, **AMANDA BYNES** is easily entertained, and **TOM HANKS** is star-struck.

@aimeemann
Christ, there is no reason in the world anyone should ever have cast Ice T in a television show
@FINALLEVEL
Hey @aimeemann stop worrying bout my acting b–ch, and worry about your WHACK ass music.
@amandabynes
twitter is currently my favorite source of entertainment.
@tomhanks
Cool job. Evidence: phone call from PAM GRIER!

METRO NEWS SERVICES

No sex life, no problem for Gaga

ALL THE COOL KIDS ARE INTO CELIBACY Lady Gaga admits she's going without sex at the moment, according to the Daily Mail.

While promoting a new line of Mac lipstick that benefits HIV and AIDS prevention, the pop singer divulged that she's currently abstaining, saying, "I'm single right now and I've chosen to be single because I don't have the time to get to know anybody. So it's OK not to have sex, it's OK to get to know people. I'm celibate. Celibacy's fine."

METRO WORLD NEWS

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/13/10	267	351 - ACCESS	Alberta Primetime (Live)		(8:02) V "John May"		Dancing With the Stars		The Middle (N)	Old Christine	Primetime
	243	317 3 CFCN	Lost (HDTV) (N)		Law & Order: SVU		American Idol (HDTV)			Big Bang Th	CTV News
	-	- 4 OMNI	King	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Dancing With the Stars		Lost (HDTV) (N)		(11:02) V (N)
primetime	245	306 6 CBRT	Wheel Fortune	Jeopardy! (N)	HNIC-Stanley Cup Countdown		Laughs	Comedy Fest.	CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	The Good Wife (HDTV)		NCIS "Child's Play"		ET Canada	(10:28) Glee "Hell-o"	
	246	- 8 CKAL	Law & Order: Special Victims		Parenthood (HDTV) (N)		The Biggest Loser Two contestants win a new car. (N)				EP Daily
	119	705 9 CBXFT	Virginie (SC)	La Facture	Beautés désespérées (SC)		Musee Eden (N) (SC)		Le Téléjournal Nouvelles. (SC)		TJ Alberta
	-	- 10 SHAW	(6) Local Programming						Local Programming		
	-	372 12 KREM	News	Access H.	The Doctors (N)		NCIS "Child's Play"		NCIS: Los Angeles		The Good Wife
	-	374 14 KSPS	PBS NewsHour (N)		NOVA (N)		Survival A radical plan in Niger.		Frontline (N) (DVS)		Independent
	502	390 15 CBC	CBC News: The National		CBC News: the fifth estate		CBC News: The National		CBC News: The National		fifth estate
	-	370 16 KHQ	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	The Biggest Loser Two contestants win a new car. (N)				Parenthood (N)
	-	373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV)			(10:28) Glee "Hell-o"	
	297	652 37 WPIX	Melrose Place "Wilshire"		PIX News at Ten Tong.		Two/Half Men	Friends	Friends	Accordin-Jim	Family Guy
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)				Larry King Live		Cooper 360
	508	502 31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400	400 21 TSN	Stanley Cup Playoff Preview		SportsCentre (HDTV) (Live)			Off the Record	Boxing David Estrada vs. Orlando Lora. (HDTV)		
	408	418 27 net	MLB Baseball		Sportsnet Connected (N)		Best Damn Top 50 Special		Sportsnet Connected (N)		MMA Conn
	410	403 30 SCORE	NBA Basketball: Celtics at Bulls			NBA Basketball Denver Nuggets at Phoenix Suns. (Live)					Score Now
	411	457 44 OLN	Oper. Repo	Oper. Repo	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters
	417	406 48 SPEED	Monster Jam (HDTV)		Dangerous Drives (HDTV)		Pass Time	NASCAR Hub	Race in 60 (HDTV)		Monster Jam
family	552	543 20 YTV	iCarly	To Be Indie	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	557	541 39 FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555	545 67 TOON	Jimmy Two	Johnny Test	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	575	583 11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos		Reba
	553	546 17 TREE	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	This House	House-Sell	Supernanny		Style by Jury	Grocery Bag	Beauty Call	Style by Jury	Look Good
	521	560 24 TLC	19 Kids-Count	19 Kids-Count	Chocolatiers	Chocolatiers	The Man With Half a Body		19 Kids-Count	19 Kids-Count	Chocolatiers
	603	561 25 FOOD	Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant Makeover		Diner, Drive-In	Unwrapped	Dinner Impos.
	615	520 26 A&E	Criminal Minds (HDTV)		CSI: Miami (HDTV)		CSI: Miami (HDTV)		(10:01) Criminal Minds		Criminal Minds
	617	522 32 SHOW	Trailer Park	Trailer Park	Relic Hunter		*All the Good Ones Are Married* (2007, Drama)				Californication
	601	562 33 SLICE	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada	Whatever	Real Housewives OC		Housewives
	-	633 34 ENC2	(7:15) *The Real Howard Spitz* ★★ (1998, Comedy)				*Wrestling Ernest Hemingway* ★★★ (1993, Drama)				*Streetcar-Desr.*
	520	505 35 DISC	Destroyed	Destroyed	Swamp Loggers (N)		Daily Planet		Egypt Unwrapped		Swamp Log.
	620	523 36 BRAVO	Chantal -- Live		Spectacle: Elvis		Law & Order		Without a Trace		*Top Banana*
	294	650 40 WPCH	Law & Order: Special Victims		Seinfeld	Name Is Earl	*The Wood* ★★ (1999, Drama) Omar Epps, Taye Diggs.				*The Wood*
	626	547 41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords
	-	539 42 TCM	*High Wall*	(7:45) *Stand by for Action* ★★ (1942, War)				(9:45) *Johnny Eager* ★★★ (1942, Crime Drama)			
	628	584 43 SPIKE	Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV)		UFC Unleashed		DEA Busting up a stash house.		Deadliest
	522	516 45 HIST	Ancients Behaving Badly		Aftermath "Red Giant"		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Nostradamus
	627	528 46 SPACE	Medium (N)		Fringe (HDTV PA) (N)		InnerSpace (N)	Stargate SG-1		Star Trek: Next Generation	
	-	- 47 AMC	(6) *Spaceballs* (1987)		(8:15) *Ferris Bueller's Day Off* ★★★ (1986, Comedy), Mia Sara					(10:45) *Spaceballs*	
cable variety	619	525 49 TROP	End of Leash	Last 10	The Celebrity Apprentice (N)				Dog Whisperer		End of Leash
	600	564 50 HGTV	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes on Homes		Sarah's House	Genevieve	Outdoor Room
	501	391 52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504	508 70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	526	507 92 VIVA	Medium		Cold Case		Psychic Inv.	Encounters	Judging Amy		Missing "Cut"
	269	350 93 APTN	Fish Out of	Mixed Blessing	Cashing In (N)	Rabbit Fall	Blackfly	Moose TV	Rez Rides	MYTV	Moccasin Flats
	-	- 94 MCP	World News	News	My Queen	Immortal Yi, So	Il Caffe		In Germany	Euromaxx	Schauplatz
	571	581 100 MMM	mmtop10.ca		Hammertime	Gimme Sugar	G. Simmons	Wild 'n Out	Hammertime	Gimme Sugar	G. Simmons
	570	580 101 MM	disBAND	Muchmusic Countdown			UR11		Gossip Girl (HDTV)		Love Court
	581	566 102 MTV	(6:30) 16 and Pregnant		16 and Pregnant (N)		After	MTV Live	Taking, Stage	My Life as Liz	16-Pregnant
	-	- 116 TV5	Les Invincibles (SC)		ADN: Accel.	Nouva	TV5 Le Journal		(9:35) La Grande Librairie		(10:35) Les Samouraïs noirs

critics' corner

Hockey Night in Canada on CBC: Stanley Cup Countdown
Host Ron MacLean and analysts Mike Milbury, Kelly Hrudey and P.J. Stock are on hand to kick off the NHL postseason with a look at the upcoming conference quarterfinal series. The action begins tomorrow and ends, of course, with the Stanley Cup Finals in late May. 8 PM on CBRT

Parenthood
Adam (Peter Krause) tries to spend more time with his family but finds that even more challenging than he had feared. Sarah's (Lauren Graham) relationship with Mr. Cyr (guest star Jason Ritter) exceeds her expectations. Kristina and Julia (Monica Potter, Erika Christensen) re-evaluate their career choices in the new episode "What's Goin' On Down There?" 8 PM on CKAL

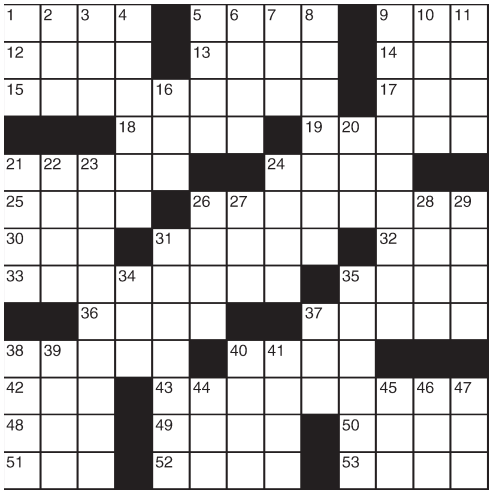
NCIS: Los Angeles
A petty officer's death leads the team to a teenager in Sam's (LL Cool J) life who may have a connection to terrorist activity. Hetty (Linda Hunt) is concerned about the effect that the workload has on the team. Peter Cambor and Daniela Ruah also star in "Breach." 10 PM on KREM

Today Mostly Cloudy 6 C / -2 C
Wednesday Partly Cloudy 9 C / 0 C
Thursday Partly Cloudy 12 C / -1 C

BREAKFAST TELEVISION

Andrew Schultz, Meteorologist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



ACROSS

1 Cavern phenomenon
5 Detail, for short
9 Hooter
12 Mentor
13 Calendar quota
14 — constrictor
15 Stubborn
17 Tackle moguls
18 Tress
19 Old hat
21 React to a pun
24 Rickey flavoring
25 Red rock
26 Shun liquor
30 Officeholders
31 Aegean island
32 Geneticist's stuff (Abbr.)
33 Miscellaneous remnants
35 Abysses
36 Predetermines the outcome
37 Permissible
38 Quark-binding particle
40 Adolescent
42 Common Mkt.
43 Hurdles
48 Profit
49 Equine coloration
50 Relaxation
51 Curvy character
52 Taj Mahal city
53 "Clue" weapon

DOWN

1 Id counterpart
2 Young lion
3 Day fractions (Abbr.)
4 Expenditure
5 Harmonization
6 Pinnacle
7 Dine on
8 After-movie listings
9 Of childbirth
10 Stopped sleeping
11 Deposited
16 "And — the opposite shore will be"
20 I love (Lat.)
21 Crossword diagram, e.g.
22 Mysterious character
23 Blocks
24 Some summer babies
26 Body art, for short
27 Ostrich's cousin
28 Opposed to
29 Final
31 Mrs., in Milan
34 Brazilian resort city
35 Lobster claw
37 Meadow
38 Kelly or Autry
39 Dregs
40 Despot
41 Sicilian volcano
44 Marshy area
45 "The Circus of Dr. —"
46 Kreskin's claim
47 Catch sight of

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

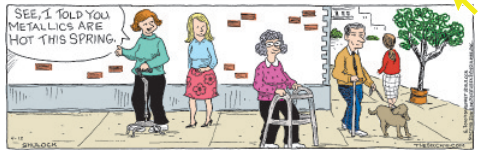
	7		5	8	3		9	
4								5
		9				2		
6	3		2		1		7	9
				5				
7	9		6		8		5	4
		3				5		
8								1
	6		1	9	4		8	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	2	9	6	1	8	7	5	3
3	1	5	9	7	4	6	2	8
6	7	8	5	2	3	1	4	9
9	8	4	7	3	5	2	6	1
7	3	2	4	6	1	9	8	5
1	5	6	2	8	9	3	7	4
5	6	3	1	4	2	8	9	7
2	9	1	8	5	7	4	3	6
8	4	7	3	9	6	5	1	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Blue Cheese Ham Wraps

INGREDIENTS:
4 flour tortillas
12 thin slices deli ham
4 thin slices Swiss cheese
1 1/2 cups shredded lettuce
1 medium tomato, diced
2 hard-cooked eggs, chopped
4 tsp blue cheese salad dressing

METHOD:
1. On each tortilla, layer a quarter of ham, Swiss cheese, lettuce, tomato and eggs.

2. Drizzle each with 1 tsp dressing; fold in sides.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You see things in such a clear and logical way, so why can't other people? Whatever the reason you will have to spend time explaining things to them.

TAURUS ♉
APRIL 21-MAY 21
Is money really so important? Could you survive on less? These are the kind of questions you will be asking today, but deep down you know the answers.

GEMINI ♊
MAY 22-JUNE 21
You like a bit of excitement but by the end of the week you will be ready for a rest. The next few days will be full of fun. It's all go!

CANCER ♋
JUNE 22-JULY 22
Take a deep breath before you head out into the world. You will need a great deal of patience today, along with stamina and, of course, a sense of humour.

LEO ♌
JULY 23-AUG 23
Some excellent cosmic activity makes this a time of huge potential. However, you must be clear as to your aims and ambitions. You cannot afford to be vague.

VIRGO ♍
AUG 24-SEPT 22
Get rid of things you don't really need. There are more of these than you appear to realize: things you hang on to for no good reason.

LIBRA ♎
SEPT 23-OCT 23
You will be on the move today and where you end up is anyone's guess. You will discover things, about yourself and about the world around you.

SCORPIO ♏
OCT 24-NOV 22
Money matters may not be going too well at the moment but over the next few days you will get the chance to put your financial house in order.

SAGITTARIUS ♐
NOV 23-DEC 21
Hold tight because the ride you are about to take will be anything but smooth. Not that you'll care. You are a bit of a thrill seeker anyway.

CAPRICORN ♑
DEC 22-JAN 20
You may look confident to other people but deep down you have fears and worries. Today's aspects will give you the courage to deal with an important issue.

AQUARIUS ♒
JAN 21-FEB 18
What happens today may cause you to question some of your most cherished beliefs. Aquarians don't change their views often.

PISCES ♓
FEB 19-MARCH 20
You are desperate to make a name for yourself and you reason that if those with less talent can do it then so can you, all you need is the opportunity.

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Celebrity Equinox℠
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Breakfast daily • Standard rm. • 3 nts.

June 8

$1449 +Taxes & other fees (including service charges): $384

Sun Destinations

MEXICO

Cancun / Riviera Maya
Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
June 6 • 1 wk.
$869 +Taxes & other fees (including service charges): $290

Puerto Vallarta / Riviera Nayarit
Crown Paradise Club:
A Family Resort • 4★
All-Inclusive • Standard rm.
May 1–29 • 1 wk.
$899 +Taxes & other fees (including service charges): $270

CUBA

Santa Clara
Barceló Cayo Santa Maria • 4★
All-Inclusive • Junior suite
May 1–June 29 • 1 wk.
$929 +Taxes & other fees (including service charges): $228

Varadero
Iberostar Laguna Azul • 4 1/2★
All-Inclusive • Standard rm.
May 16 & 23 • 1 wk.
$1359 +Taxes & other fees (including service charges): $228

JAMAICA via Toronto

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
May 5, 7–14 & 18–20
1 wk.

PRIVILEGES
$1189 +Taxes & other fees (including service charges): $287
Please add $50 for Sat. & Sun. departures

Cruises

Carnival Cruise Line[4]
Carnival Liberty®
Eastern Caribbean Cruise
Flights to Miami via Toronto
Inside stateroom, cat. 4E
June 12 & 26 • 1 wk.
$1229 +Taxes & other fees (including service charges): $213

PALACE RESORTS

DOMINICAN REPUBLIC | Punta Cana via Toronto

Moon Palace Casino, Golf & Spa Resort • 5★
All-Inclusive • Caribbean suite
May 16 • 1 wk.
$1279 +Taxes & other fees (including service charges): $322

Moon Palace Casino, Golf & Spa Resort • 5★
All-Inclusive • Caribbean suite
July 3–18 • 1 wk.
$1799 +Taxes & other fees (including service charges): $322

Moon Palace Casino, Golf & Spa Resort

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